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ED'S LETTER

Halloween - the time of year when THINGS COME BACK...

The world may have gone remake/reboot/prequel/sequel crazy, but at least two things that came back from beyond the veil were welcome. One was *Ghostbusters*, which had everyone wondering (and arguing) but which largely silenced its critics. The other was the return of *Harry Potter* - or, at least, characters from his world, in a brand new spin-off adventure, adapted by J K Rowling from her own hit book *Fantastic Beasts and Where to Find Them*.

We celebrate the release of the film (18 November) on this issue's cover - but prior to that, on 5 November, youngsters can get involved in all things Potter during a day of events at Vivacity libraries across the city, specially timed to tie in with the BBC's #LoveToRead weekend and the imminent release of the new movie. See page 28 for the details.

The grown ups are not to be left out, mind you. As ever, this Halloween there are several seriously spooky events especially for them - including the chance to become a real, live Ghostbuster. You don't have to wear overalls or strap a Hoover to your back to do it (shame...), but it does involve staying in the city's most haunted building - Peterborough Museum - after dark, where all manner of strange things have been seen and heard... Will you encounter one of them? We can't say for sure - but if you want to find out more about the spooks said to haunt it, check out our field guide to the Museum's ghosts on pages 24-25.

We also delve deeper into the past via a fascinating interview with basket maker Sue Kirk. She describes her own encounter with an extremely rare Bronze Age artefact present during excavations at Must Farm - a huge fish trap woven from willow - and how she was called upon to make a replica using methods that have remained unchanged for over 3,500 years. She will be running a day long basket-making workshop at Flag Fen on 8 October, allowing those involved to be part of this extraordinary continuity, on the very site where those fish traps were made and used.

One of the most striking aspects of this interview is how basket making is revealed as a completely green activity; Sue grows the materials herself, makes the items with her own hands, and when, one day they end up in the ground, they will completely biodegrade (they were only preserved here at Must Farm by the very rare conditions of the soil). It's strange to think that this age-old craft is so completely in tune with the environmental ambitions of the modern city - many aspects of which are touched upon in features in this issue: on the efforts of PECT, on the environmental and social ventures nurtured by Allia Future Business Centre and on the vital recycling services in the city, run by the City Council in partnership with Viridor and Amey. It also seems that the extraordinary finds at Must Farm and Flag Fen - which show a thriving, expanding community that drew visitors from all around these islands and beyond - are set to become a key feature of Peterborough's future prosperity, as departing Vivacity chair Shelagh Smith explains on pages 34-35.

Some things that return from the past are welcome indeed.

Toby Venables, Editor

Mark Wilson, Publisher

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Felicity Evans



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Toby Venables



Mark Wilson

OCTOBER
2016 ISSUE

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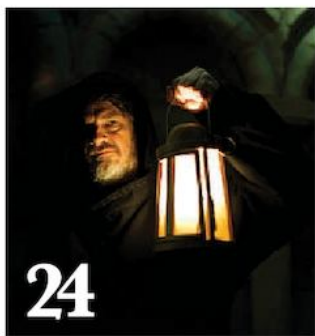
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Andy Hollingworth

SEANN WALSH

Seann Walsh is a naturally funny man who is rapidly developing into one of the most in-demand stand-ups in the country. He's garnered a substantial following in the press with *The Evening Standard* describing him as 'one of comedy's hottest properties'.

His latest tour **'One For The Road'** marks his eagerly awaited return – and on **22 October** he's coming to the Key Theatre. **James Rampton** talked to him.

www.vivacity-peterborough.com/keytheatre

'One For the Road', at the Key Theatre on 22 October, started off with an extended run at August's Edinburgh Festival where it went down a storm. You clearly love what you do! As a comedian, what is it about performing stand-up that's so thrilling?

When you think of a funny idea that previously didn't exist, put it into the structure of your show, deliver it and get a room full of people to laugh at it, that's a fantastic feeling. That's why I do this. Comedians spend a lot of time on their own and then finally they have an audience to share their ideas with. Maybe it's all about alleviating the loneliness. I like that! I'm going to change my tour title to 'Alleviating the Loneliness'!

You're a supremely observational comedian Seann, with *The Guardian* describing you as 'unquestionably the best observational comic' and *The Independent* proclaiming you as 'one of the most entertaining

observational comics on the block'. What can your loyal fans expect from this tour?

I love coming off the script. I try to do the show for as long as possible without going into my own material. As long as the audience are up for it, I won't start my routine. I'm very reactionary. If someone joins in, I just go with it. I'm absolutely open to anything. It's great fun. There's also a bit of a twist. At the beginning of the show I'll ask the audience to write down what really annoys them. Then at the end, I'll randomly read them out. They listen to me for an hour, and then I get to listen to them. After the scripted show, I'll get to mess around. That will be a lot of fun.

Many observational comedians find plenty of material to moan about in everyday life! Why is complaining about the world such a rich source of comedy?

Moaning works really well in comedy. Stand-up

is a true representation of life. So do you really want to listen to someone telling you what a wonderful time they've had? No, you have no interest in that. If someone is saying, 'I've had a lovely day. I went jogging then went to the gym and I've only eaten vegetables and no carbs,' you're just bored. But if someone tells you they have broken their leg, lost their job and split with their partner, you put the kettle on! Moaning is so effective because people only want to hear about other people's pain.

Your mastery of the observational style of stand-up has won you significant exposure on the small screen. You've appeared on the BBC's *Live At The Apollo*, *Tonight at The London Palladium*, Channel 4's *8 Out Of 10 Cats Does Countdown* and *Alan Carr: Chatty Man*, getting masses of comic mileage out of moaning.

"IF SOMEONE JOINS IN, I JUST GO WITH IT. I'M ABSOLUTELY OPEN TO ANYTHING"

Why do you think this has worked so well for you?

Since I was a kid, I've always been like that. I love finding absurdity in the normal. I love catching funny things that no one else has noticed. For example, I recently realised what it means to be in a relationship for a long time. Single people seem to have freedom – they can do what they want and not suffer the consequences. They can leave litter lying around and no one will have a go at them. But it's just occurred to me that we are in relationships so someone else can pass us the water. That's what love is. It's all about passing!

Is your own relationship a big source of inspiration for 'One For the Road'?

My last show was called '28'. It was about me moving in with my girlfriend and how that changed me. This is a continuation of that idea and shows how things have moved on. My girlfriend is very healthy, and I've noticed that since we've been living together, my fridge has gone. It used to be full of Pepperami and Cheese Strings. But now it may look like a fridge from the outside, but on the inside it's like an allotment, full of cabbages and kale. That's one of the ways in which my life has changed. Another aspect of getting older is that now I'm 30, I use the word 'avocado' and it doesn't feel weird. I can look people in the eye and say that word. It's very bizarre.

How do you feel about entering your 30s? Does it make you feel old?

You have to calm down when you're 30. You can't behave as you did in your 20s. You give up on nightly socialising and sign a contract that says, 'For this part of my life, all I'm going to do is watch box sets'.

You're a man in demand Seann. You're currently starring in ITV1's sports panel show, *Play To The Whistle* and as team captain on E4 and Channel 4's comedy quiz show, *Virtually Famous*. What's your first passion: TV or stand-up?

I adore being on shows like *Live at the Apollo*, but my real love is stand-up. It's all about you. It's what you think. It's just you, and I love that.

Seann Walsh – One For the Road

22 October, 8pm
Key Theatre,
Peterborough

Andy Hollingworth

Want more laughs?

Here are some highlights from the Key Theatre's new season...

The Boy with Tape on his Face is Tape Face 16 September

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Round the Horne 11 October

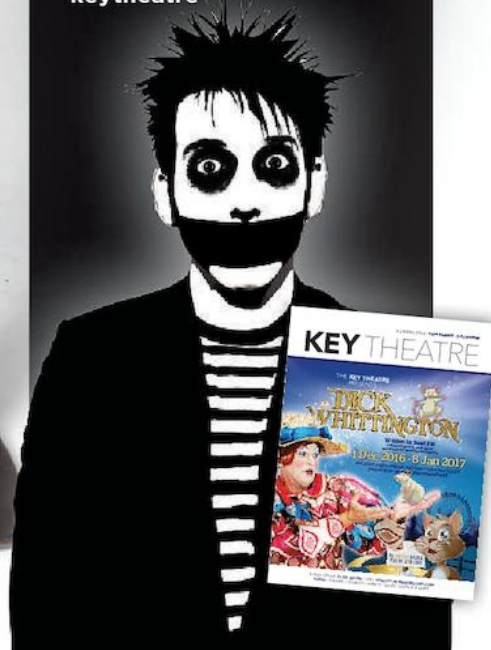
In the mid-60's there was no bigger radio show than *Round the Horne*. Take a step back in time and join this comedy classic live!

Key Comedy Nights

Superbly funny evenings of entertainment, including Ed Gamble (23 September) and Bobby Mair (2 December).

■ Details of these performances and more can be found in the brand new Key Theatre brochure. Pick one up from any Vivacity venue or go online to find out more.

www.vivacity-peterborough.com/keytheatre



MARK WATSON

For someone who stresses as much as Mark Watson, you'd imagine the prospect of boarding a 24-hour flight with the risk he might not be allowed to enter the country at the other end would leave him fraught. Luckily for Watson, he can turn such a troubling scenario to his advantage, by using it as the trigger for his new stand-up tour

'I'm Not Here' (Key Theatre, 6 October) as Brian Donaldson discovers...



www.vivacity-peterborough.com/keytheatre

So Mark, tell us exactly what happened on this flight and how you've managed to get so much comic mileage out of it.

It doesn't take much of an incident to make me get an hour of nonsense out there. I've found an existential jumping-off point from almost anything that happens in life. The show is structured around this journey to Australia where I wasn't sure whether I was going to be allowed in at the other end because of a passport issue. The guy at Heathrow said 'we can let you on the plane but it will be at their discretion whether or not they let you in'. The passport was totally valid but it had a tiny rip in the photo page, and this would technically render it invalid.

A 24-hour flight spent fretting about whether you'd be let in at other end can't have been particularly restful.

I started thinking about how we have fewer and fewer physical proofs of our identity. In the old days you wouldn't have had a problem with this scenario as you'd have a plane ticket and dozens of forms of identity. The show has become about the shift from the physical

to the virtual and the fact that more and more of the objects that we used to depend on have been replaced by ideas of objects.

It sounds like a terrifying prospect, but at least it offered you plenty of material. Can we expect more personal experiences like this during the show?

My general wish for this show is for it to be quite confessional in style. I'm starting to venture more into that territory. I've always had a lot of personal anecdotes, but it's all generally been quite light. I think I'm gradually trying to tweak things towards darkness. I saw the last show ['Flaws'] as one-off confessional territory but I'm quite likely to talk about all that again this time. I tend not to regard some subjects as off-limits these days, and I've probably got more confidence that the audience are more interested in hearing what I want to talk about rather than me desperately trying to think about what's funny and going with that. Having said that I've always tried to maintain that no matter how serious the territory you get into, the obligation is to try and get a lot of laughs.

In 'Flaws' you got a fantastic response when you recreated the sound and fury of a children's party you had attended, complete with the added terror of bursting balloons all around you! Do you enjoy throwing in things that are a little off-kilter?

I do like to seriously disrupt proceedings. I've always thought that an hour of someone just talking has its downsides, so my tactic is to get it far enough in that the audience do think it's just going to be an hour of someone talking, but then do something really weird. It can backfire, though, because that thing with the kid's party was fun for a bit. But then on tour, you're doing it another 60 times with my crew having to blow up balloons and the routine

ending with my nightmare of having them explode all around me. It's all very well saying I am doing it to release this tension from my system, but it didn't do anything of the sort; it just made me dread that moment more as every day went by. I can say with certainty that there will be no balloons this time.

You've included a lot of technology in the past, including screens as part of several of your shows. Will 'I'm Not Here' include more of the same?

I have used technology a lot but I still have quite a fractious relationship with computers, though I'm genuinely still impressed by the stuff that people can come up with. The best relationship is to try to take the good out of it while admitting that it's all quite frightening. Shows now have become so familiar with the sight of someone involving technology in some way, and if you have a friend like Alex Horne who basically thinks in PowerPoint, it's quite a high benchmark. The level of some people's shows, which are so vulnerable to a malfunction, would just terrify me.

As well as stand-up you've a number of novels to your name and have had numerous TV appearances on the likes of *We Need Answers* and *Never Mind The Buzzcocks*. Does this represent a transition or can we look forward to you continuing to perform on live stages for many years to come?

It's a question I ask myself because there's no real template for it. Someone like Stephen Fry will do a book and a screenplay, shows like *An Evening With*; he'll do a variety of things but all of it on his terms. I don't think I'd ever want to stop being a live performer, but it's hard to know what the longevity is for this career. If you're able to say things that are still relevant as you get older, then I think you're in business.

Mark Watson - I'm Not Here
6 October, 8pm
Key Theatre,
Peterborough

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Dick Whittington

This year's Key Theatre panto (**1 Dec-8 Jan**) brings favourite talents from previous years' hit productions back to the Peterborough stage – once more under the watchful eye of director and composer Simon Egerton. One significant new addition, however, has a rather unexpected pedigree: set and costume designer Natalia Stewart – former ballet dancer and graduate of the Bolshoi Academy in Moscow – is more used to designing big productions for the Royal Opera House and the Royal Ballet. **Toby Venables** talked to her about inspiration, Dames and the transition to panto.

How did designing Dick Whittington come about?

I usually design for big ballet companies, and also did a lot of opera, but I met Simon and he asked me would I like to do a pantomime. It is completely different – different ideas, different colouring, different spacing – in some ways, turning everything upside down.

When he suggested it were you excited or apprehensive or both?

Both! It's lovely to work with Simon, and pantomime really is fun. I go to pantomimes every year with my children and they were so excited when they heard – in fact they started giving me all sorts of suggestions!

Are the practical considerations in any way similar to ballet or opera?

Certain things are similar, because a theatre is a theatre – you've got the same sort of space to think about, but the ways you occupy the space are different. For ballet, you need to have a space to dance in with nothing restricting that, but with pantomime there's very different movement around the stage. There are also certain rules that apply to pantomime – certain things are always expected – but again, they are completely different.

The Dame's costumes are where things can go a bit crazy. Can we expect that here?



Yes, expect that! When we started talking about it I realised it was so much about the Dame, so I met Darren Machin, the actor who is playing the part, talked to him, and tried to find out what he felt about the character. That was my starting point on the costumes, really; everything else developed around that.

How would you describe the look and feel of this production?

When I read the script it wasn't quite the pantomime that I knew – it was actually much better, more exciting! I really liked it, and thought it would be nice to do something a little bit different. But also we wanted all the traditional elements, with all the things that one expects. They're all there – the bright colours and so on. But I did also look at children's books. I couldn't even tell you, now, exactly what the influences were because it's a combination of so many things. I always wanted to do animation, for example, and that comes out a little in this pantomime.

What is the process? What comes first?

The ideas of the director come first. From hearing his ideas I start seeing something – certain colours, certain shapes – and then we talk together and the thing starts taking shape. It's a two-sided creative process and it goes back and forth, so, it all grows together.

How long does the process take?

Simon first asked me about April time, and did say that was quite late to be asking me, which it was! The time goes quickly. By the time



Simon Egerton director and composer

"One of the really desirable elements of the Key Theatre panto is to have a magical quality to the designs. I do think there should be a wow factor."

"Dick Whittington is going to be very big and colourful, and very much rooted in the 16th century, but with a modern flavour – so even though you've got that traditional medieval feel, somehow you've got the London Eye and the Shard in there! And we're also making the band – the actor musicians on stage – the primary focus, so everyone can see and enjoy the fact that every member of the cast picks up and plays at least one instrument, and often two or three."

"The Key is fantastic in terms of supporting new work. There's new music and lyrics and a new design from an internationally renowned designer – not just stock stuff brought in. It's really a wonderful thing that they are creating an entirely new work here."

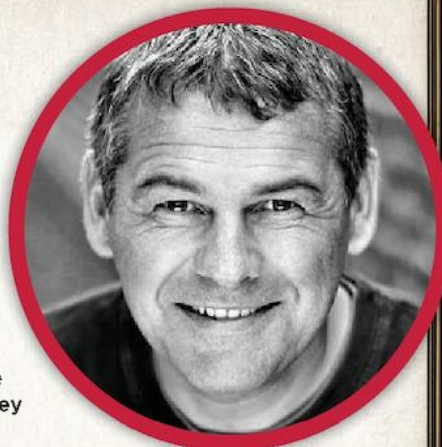
you start talking and establishing the feel of it you're into summer. We start the rehearsals in November and the set and designs all need to be ready by then, so have to go into production of the set and costumes by September. But every little thing has to be discussed with the director and finalised. Right now, I'm sort of finishing it off, at the last stage of the model and the costume designs so they're almost ready to be made.

What's the most exciting moment for you?

The most exciting moment is when the set first goes on stage, and they set up the lighting for the technical rehearsal, because that's the first time you see it in the proper lighting. Up to that point, I have only seen it all together as a model. Then, when everybody is on stage in their costumes and then the music starts, that's really exciting...

Darren Machin Sarah the Cook

"The Dame's costumes go to extremes. That's what you want every time a Dame comes on – a new costume that is a bit outrageous! And that's exactly what you've got. I actually had a fitting at the Royal Opera House – which I don't often do! – so that was rather lovely. And I got to see some of the other designs, and they do look really wonderful."



Join the cast!

Simon is looking for three teams of eight children to join the adult cast for Dick Whittington at the Key Theatre.

If you are aged 10+, love to sing, dance and act and would relish the opportunity to gain experience in a professional show, please complete the form on the Vivacity website and return it to the Key Theatre box office or email thekeypanto@gmail.com.

Successful applicants must

be able to commit to rehearsals throughout November and performances between Thursday 1 December 2016 and Sunday 8 January 2017.

Auditions will last for approximately two hours and take place on Sunday 18 September at the Key Theatre as follows:

- Ages 10* - 12* - from 11 am
 - Ages 13+* - from 2pm
- *as of 31 August 2016
- vivacity-peterborough.com/panto

A SENSE OF PLACE

Eastern Angles have not one, but two new shows coming to Peterborough – *Ground* and *The (Fletton) Railway Children* both firmly rooted in the locale and the community. **The Moment** talks to director Poppy Rowley about the new productions and her role as Eastern Angles' resident Artistic Associate.

What are these two new plays and how did they come about?

Both *Ground* and *The (Fletton) Railway Children* are part of Engine Room – an Eastern Angles' project aimed at developing the work of new, local writers on themes relevant to Peterborough. Eastern Angles is all about making theatre with a sense of place, and all our work is new writing. We may take old stories – such as the lives of the Brontës or the nativity – but really it is about what Peterborough has to offer now, encouraging pride in the area and exploring the work of the community.

First up is *Ground* – what can you tell us about that?

Ground is about the welfare system, and exploring people's involvement with it. We're doing a series of interviews asking what their experiences have been and the writer, Aisha Zia, is creating a script from that. The key aim is to show their experiences truthfully, and we're hoping to invite MPs, councillors and other people in positions of power, as well as the people it is about. We want this to end on a note of hope so we can make changes for the better. It's multi-disciplinary, in that there will be live music, live projections, but ultimately it's about encouraging people to look around them and work together as a community.

What is *The (Fletton) Railway Children* and how does it relate to the story we all know?

It's written by Julie Mayhew, a Peterborough writer whose dad and granddad both worked on the railways in Peterborough, and it's set in the 1960s – so with a great 60s soundtrack! In the original *Railway Children* they move to York, but in this Bobbie, Phyllis and Peter have moved to Peterborough. It's about growing up and the responsibilities that come with that, as well as the loss of innocence and youth. Bobbie, who is 17, is coming to terms with adulthood in the 60s, a time of the sexual revolution... It's also about Peterborough growing

up exploring the effect of the Beeching Report when lots of railway lines across the country were shut down. Peterborough was affected by that because there used to be Peterborough North and Peterborough East, but Peterborough East was shut down and Peterborough North became Peterborough's railway station. That changed the way people engaged with Peterborough, but also the new station grew to become the gateway to the north. Over the next ten years, it begins to be developed into a new town – so this is sort of set during the adolescent, hormonal stage of Peterborough... Bobbie and Peterborough growing up together! There will also be lots of stuff about trains, so if you're into that it will also appeal!

Tell us a bit about your role...

Eastern Angles is based in Ipswich, but as you know we have been in Peterborough for about seven years now, developing lots of different shows. They have been getting bigger, so I have been working for Eastern Angles since July 2015 specifically on and in Peterborough. We have another person – the poet, Keely Mills – who works part-time here and I'm full-time – we're like the Peterborough branch! My role is to direct shows, but I'm also about encouraging more engagement with theatre in general, running workshops and organising projects, of which we have quite a few at the moment!

And is it true you moved to Peterborough specifically for this?

I moved to Peterborough from London. I didn't have to, but to do my job properly I felt I needed to know what was going on in the evenings and weekends and get to know the people who live here – so I did. Before coming to live in Peterborough I'd only ever been through on the train, but after moving here my mum's partner did some research and discovered that my great great grandmother was christened in St John's church and lived in the Cathedral precinct. So it turns out I had a connection after all!



From Eastern Angles' previous production, *Nativity Blues*



Ground runs from 5-8 October, and *The (Fletton) Railway Children* 26 October-5 November. Both are performed at The Undercroft (in the basement of Serpentine Green Shopping Centre).

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TECHNICAL WIN!

Peterborough Operatic & Dramatic Society (PODS), Peterborough's multi-award-winning Musical Theatre group have had a superb 2015/16 season, having been nominated for three prestigious **NODA (National Operatic & Dramatic Association)** awards and winning the Best Technical Award for their Production Manager, **Rob Melhuish's** involvement for stage, lighting and sound design.



Rob Melhuish trained in Technical Theatre and Production Design at Peterborough College under the late Rob Fuller. He was then accepted onto the Royal Opera House Covent Garden's flagship Technical Training scheme, where after just three years he became the youngest ever manager at the Royal Opera House, specialising in Scenery Automation and Flying. Melhuish dedicates what spare time he has into contributing his professional skills to PODS productions.

Alongside Rob Melhuish, the production team who achieved phenomenal success

JOIN PODS

PODS has loads more opportunities for people to get involved, whether onstage or behind-the-scenes, and the team are always seeking new members. If you're 15 years and over and have a talent and a passion for musical theatre this is your chance to get involved. New member auditions take place on 14 September. Contact **Peterborough-operatic@hotmail.co.uk** or **@PODS1901** on Facebook for more details.

bigot of a boss. A story of fun, friendship and girl-power with just a hint of poison! *9 To 5* features numbers from Dolly Parton's Oscar, Tony and Grammy award-nominated score, including the original hit song *9 To 5*.

As well as their award-winning musicals, PODS now produces a play each year (recent successes include *Abigail's Party*, nominated for NODA Best Drama Award 2015, and *The Rise and Fall of Little Voice* recently performed to glowing reviews at the Key Theatre Studio). PODS also plays an active part in the local community, having performed for various charities, nursing homes and community groups in and around Peterborough over the past 12 months, with a 'Big Band' fundraising benefit in aid of the Whittlesey Young People's Counselling Service planned for 2017.

Outside of performing, PODS has a very active social scene, with BBQs, karaokes, dinner dances, theatre trips, fancy dress parties, recent visits to Bounce trampolining park and the Aqua Park at Rutland Water to name but a few activities. Come and get involved!

with this year's sensational sell-out production of *HAIRSPRAY* at the Cresset are Director/Choreographer Robert Bristow, Musical Director Steve Hession and Assistant Choreographer Nikki Marsden – the team continue to take the group from strength to strength. *HAIRSPRAY* played to packed houses of over 4500 people for one week in April 2016, breaking box office records and garnering a host of rave reviews.

Now they're back with the regional premiere of the hilarious new smash-hit musical comedy, *9 To 5*. *9 To 5* is based on the hit movie which starred Jane Fonda, Dolly Parton and Lily Tomlin and centres around three female co-workers who turn the tables on their sexist, egotistical, hypocritical

9 To 5 will play at The Cresset in March 2017 with tickets going on sale this October.



JERUSALEM

Mask Theatre continues to be a veritable hive of activity – in the throes of its current production, Jez Butterworth's *Jerusalem*, with one eye on the next, Martin McDonagh's dramatic comedy, *The Pillowman* – a play so dark that Mask's chairman Emma Goldberg remains fearful that this will get them thrown out of the theatre for sure!

New director Dave Slinger is taking forward Mask Theatre's next production, *Jerusalem*, to be performed over four nights at the Key Theatre Studio on 9-12 November 2016. Tickets are available at £10 from the Key Theatre Box Office and we expect plenty of demand for this iconic 21st century play.

Johnny Rooster Byron is a gypsy who has set his caravan in Rooster's Wood for the last 27 years. Over the years he has collected many waifs and strays from the local area, most move on, settle down, grow up but Rooster stays put – some nomad.

Now Johnny Byron's time is up: the local authority has finally served him with an eviction notice and this time it looks like it will be enforced. Not only this, but a young girl has gone missing and her volatile father suspects Johnny of knowing her whereabouts. Is this the end for Rooster?

Jerusalem touches a nerve on so many levels and audiences will not leave the theatre in quite the same frame of mind as when they entered it. The part of Johnny Rooster Byron was immortalised by Mark Rylance in the West End and Broadway productions of the play with Ginger, his faithful sidekick of many years, played by Mackenzie Crook.

Our production aims at finding new insights into these characters, shedding more light for those who might have seen the West End show and introducing new theatre-goers to the play to a fabulous tale that invites audiences to question exactly where we stand in this green and pleasant land.

A strong cast is led by Jonni Hilton (previously, *Caliban*, *The Tempest*, *Don Pedro*, *Much Ado about Nothing*), who will play Rooster, while Alex Tyler (Chief Bromden, *One Flew Over the Cuckoo's Nest*) takes on Ginger. They will be backed up by other familiar Mask actors as well as a fair few performers new to the Mask. We have plenty of work to do over the next

Jerusalem

9-12 November

Key Theatre Studio

Tickets are £10 from the Key Theatre Box Office.

www.vivacity-peterborough.com

few months but we're certain that *Jerusalem* will show Peterborough just what a large pool of talent we have here. We look forward to seeing you there.

Our spring production, *Pillowman*, will be auditioning soon. Featuring a smaller cast of four main actors plus some minor characters, the play is written with all-male leads but director Helen McCay intends to cast gender-neutral, so come along and have a go.

In an interrogation room in an unnamed totalitarian dictatorship, Katurian Katurian, a writer, is being interrogated by two detectives. Next door, Katurian's mentally disabled brother Michal waits. The detectives want to know why Katurian's stories feature gruesome plots about child murder and torture, and in particular, why they seem to mirror a string of recent child murders in the area.

This brutal, dark comedy from Martin McDonagh, the master of the horror-comedy, poses unanswerable questions: can stories hold the power to cause atrocities? Where is the line between truth and fairy tale? Is a life of horror worth living at all? Drawing on inspirations as diverse as Grimm's Fairy Tales, Kafka, and Antonin Artaud, *The Pillowman* is a dark, twisty, and utterly unforgettable masterpiece from one of Ireland's most treasured writers.



Auditions will be 22 and 24 November at the Quaker Meeting House, please email info@masktheatre.co.uk for an audition pack or look out for details on our website.



www.masktheatre.co.uk

Classically Stamford Arts Centre

Stamford Arts Centre is launching its **2016/2017** classical music concert season – and there are some real treats in store!

Stamford Arts Centre continues to punch above its weight, offering another glittering and varied classical concert programme aimed at newcomers and aficionados alike. All are welcome, particularly those aged 26 and under – the enticing reduced-price offer of tickets at £10 for this age group is set to continue for another season. There is also a special offer for those who buy for three or more concerts in the series – you will get £2 off each ticket.

Highlights of the season include two orchestral concerts, supported by Orchestras Live: the English Concert with a programme from the Baroque Masters, and the European Union Chamber Orchestra with Nicholas Daniel, in a concert which includes the Mozart Oboe Concerto.

Also appearing will be 'The Lendvai



String Trio (November), who have performed at major venues throughout Europe including Wigmore Hall, King's Place, the Barbican and Purcell Room; in December, Anna Huntley (mezzo soprano) and James Baillieu (pianist) perform a selection of pieces from Rossini, Dvorak and Braga; 'The Chiaroscuro Quartet' (January) return to Stamford after Alina Ibragimova's triumph in last year's Proms, playing music from Beethoven, Berwald and Haydn; Angela Hewitt (February) one of the world's leading pianists, will perform works by Bach, Scarlatti and Ravel; March sees a performance by Baroque ensemble Cantata Per Flauto; and April the European Chamber Orchestra. The programme draws to a close in May with Liza Ferschtman (violinist) and Martin Roscoe (pianist) presenting music by, amongst others, Beethoven, Korngold and Britten.

A concert at Stamford Arts Centre is an experience not to be missed. The beautiful ballroom, where the concerts take place, is renowned beyond the region in the classical performing world for its superb acoustics. Tickets on sale from the beginning of September.



Stamford Arts Centre

27 St Mary's St, Stamford

PE9 2DL T: 01780 763203

www.stamfordartscentre.com



Set to it!

It's not just actors that make a successful theatre production; the stage backdrop and props have an important role in creating the right atmosphere. Stamford Shoestring Theatre's set construction manager Eric Cullum explains how it all happens

How did you first get involved in set construction?

I'm not an actor but my wife is. She joined the theatre company and we didn't see much of each other! So I decided to get involved and have loved every minute of it.

The sets always look fantastic. How do they begin life?

The sets evolve through discussion between the director and set designer. A model of the set is then made, which helps the actors to visualise where they'll be coming on and off stage and so forth. The model then sits in the workshop so the set constructors can refer to it to see what they're supposed to be doing. The set is assembled on stage just two days before the production starts.

That's a tight schedule. There's not much room for error!

Everything has to be constructed in such a way that it can be assembled



The set construction team discuss their next project



A basic model helps actors and the construction team visualise the final set

quickly. Our workshop is essentially underneath the stage. Once we're ready to go, it all gets moved from there onto the stage via a small staircase or up a long corridor then through the auditorium, so everything has to be manhandle-able!

Past performances haven't been without their challenges. For example, I got a van on stage for *The Lady in the Van*. It had to be cut into three to get it in there. But I love a challenge – it's why I do this!

How are the sets made?

We have a number of theatre flats, which are timber frames covered in canvas that we paint on. There are also door flats and window flats, so it's

PAST PERFORMANCES HAVEN'T BEEN WITHOUT THEIR CHALLENGES. FOR EXAMPLE, I GOT A VAN ON STAGE FOR *THE LADY IN THE VAN*.

straightforward enough to produce a standard box set. The more challenging sets are the open sets where we can't use any of our existing materials and have to start from scratch. Quite a lot of money is spent on timber, though we try and reuse materials as much as possible.

You must be very handy with a hammer and screwdriver!

I've always enjoyed a bit of DIY. I'm a chartered structural engineer by profession, which gives me a bit of an insight into the way things can be set up on stage.

Good People

Margie Walsh has lived in a Boston 'neighbourhood' all her life. She's brought up her disabled daughter Joyce while working as a cashier at the dollar store and she's about to get fired. Dollie rents Margie rooms in her house, she 'minds' Joyce while Margie works. Once a week they hang out at bingo with their friend Jean. Jean knows Mikey Dillon – he made it out of the 'hood. Now he's a doctor in Boston. Can he find Margie a job? Is it strength of character or lucky breaks that determine our fate?

How involved are you in the set for Shoestring's next play, *Good People*?

For this play I'm just another pair of hands. I'll be the construction manager for *Roots*, the following play. *Good People* is a fairly open set and we've got a number of props to build too. We build any props we can't find on the market. And we do a lot of business through Ebay!

So it's all hands on stage then!

Everybody's involved trying to make it the best they can. We all have the same end target in view, which makes for a happy ship. And, of course, it's all hugely satisfying.



Good People by David Lindsay-Abaire runs from 13-17 September. To book, visit www.stamfordshoestring.com or call the Stamford Arts Centre on 01780 763203.

CALLING ALL actors!

Are you a fan of the Bard? Ever fancied treading the boards? Or would you like to help put on an amazing production? Then the **Stamford Shakespeare Company** wants to hear from you!

After another highly successful season, with more than 32,000 people enjoying a performance at the Rutland Open Air Theatre, the Stamford Shakespeare Company is looking ahead to 2017.

Next year promises to be just as busy, with three performances to keep audiences entertained throughout the season, which runs from 6 June to 26 August. First up is *A Midsummer Night's Dream*. No Shakespearean play offers such a feast of magic, humour, music and spectacle. The second Shakespeare classic for 2017 is *Much Ado About Nothing*, bringing to life the hilarious antics surrounding the legendary love duel of Beatrice and Benedick. The Company's third play is *Hobson's Choice*, Harold Brighouse's classic comedy from the cobbles of Lancashire.

The Company is actively seeking actors for these plays. Auditions take place over the weekends of 24-25 September and 8-9 October and everyone is welcome, no matter what their previous experience. All that's needed is passion and dedication.

The opportunity to be part of a production at Toilethorpe Hall is a real privilege. As an actor you have the joy of a four-week run

Stamford Shakespeare Company

■ For more information on the Company and its performances visit:

www.stamfordshakespeare.co.uk

■ Find out more about auditions by calling Lynnette Ford on 01780 754381 (Mon – Fri).

■ Anyone interested in joining the technical team should contact theatre manager David Fensom on 01780 480216 (Mon – Fri).

■ Or if you're interested in joining the busy wardrobe department get in touch with Anne Mason on 01733 232661. Anne is particularly keen to hear from experienced tailors.

of performances which, though demanding, has many rewards: performing on stunning purpose-built sets, wearing beautiful custom-made costumes, standing on a stage like no other, in front of 600 people a night. What more could any aspiring actor wish for?

It's not just actors who are needed. The success of every season depends on many more people, all contributing an enormous amount of hard work to produce the three plays. So if you're not keen on being on the stage, why not get involved backstage, or perhaps help with sound and light operation? And then there's the wonderful wardrobe department of dedicated volunteers producing hundreds of fabulous costumes for each season.

It's all hands on deck – and off – for 2017. Get involved and have a lot of fun in the process!



THE REVELLERS

KEEP ROLLING ALONG!

Clive and **Sue Read** have been a big part of the local theatre scene for over thirty years. During this time they have taken part in most of the big time musicals of bygone years and when they've not been performing they have been directing, building and painting scenery, producing programmes and posters and in Sue's case creating and teaching choreography. In fact, between them, anything and everything involved in putting on a theatrical production!

On top of this, they have written between them over twenty plays including comedy, drama and pantomimes, many of which are continually being performed not only in this country, but as far away as Australia.

Their current involvement is with the Peterborough Revellers' (of which Clive is also chairman) local premiere production of *Bonnie and Clyde: The Musical* which they are staging at the Corn Exchange Theatre in Stamford 22-25 September – an 'all guns blazing' musical about America's most notorious gangsters, featuring rockabilly, blues and gospel music.

As soon as the final curtain comes down the Revellers will be straight into read-throughs, auditions and rehearsals for their next 'something completely different' production. Set in the middle of nowhere, (somewhere in the desolate part of the Welsh mountains), *Phoenix Tours* is a comedy which as the name maybe implies, is a bus trip which leads to potentially disastrous consequences...

The play, to be performed for the



A scene from *Bonnie and Clyde* where Buck, Clyde's brother, has a close shave when the sheriff pays an unexpected visit to the Ladies Hairdressing Emporium. Is the gun a giveaway?

– is one we use for most of our smaller productions. Since we performed our first production there ten years ago, in the hundred seat capacity Leisure Suite, we have built up a regular audience who appreciate the friendly atmosphere, the well-stocked bar and car parking facilities. Also all our productions performed here are "Supper Theatres" – which means fish and chips in the interval!

● **Phoenix Tours runs from 18-21 January 2017. Climb aboard and give it a try! To reserve your seats early, phone 01778 349534.**

PHOENIX TOURS IS A BUS TRIP WHICH LEADS TO POTENTIALLY DISASTROUS CONSEQUENCES...

first time, has been written by (would you believe? Yes, probably!) Clive and Sue Read. This time, instead of being played on a conventional stage it will be performed 'in the round' – on a central stage with the seats on all sides.

Clive, who is directing, says: 'We are always trying to come up with something different, and the venue – the Peterborough Indoor Bowls Club

Bonnie and Clyde: The Musical

22-24 September at 7.30pm with a 3pm matinee on Sunday 25.
Corn Exchange Theatre in Stamford
Tickets £12.50 (concessions £11.50)
are available from the theatre box office on 01780 766455.

CHRISTMAS WOULDN'T BE CHRISTMAS WITHOUT *Christmas Magic!*

Peterborough Sings! annual festive extravaganza returns to the city's Broadway Theatre again in December, and this year there are not one, but two concerts for lovers of Christmas music.

Christmas Magic has been a sell-out for three years now,' says Peterborough Sings! musical director Will Prideaux, 'So this year we've added a performance in the afternoon as well. Now everyone who wants a ticket can get one.'

Sunday, 18 December is the day when Peterborough's three leading choirs will be joined by the Peterborough Festival Orchestra for the concert which will combine the modern and traditional, sacred and secular.

'In recent years we have performed pieces as diverse as Vaughan Williams' *Fantasia on Christmas Carols*, *White Christmas*, *Gaude*, *When a Child is Born* and *Jingle Bells*,' says Will. 'This year will be just as varied, with one or two surprises mixed in to liven things up a bit!'

The choirs that make up Peterborough Sings! are Peterborough Male Voice Choir, Peterborough Voices ladies choir and Peterborough Youth Choir and all are currently enjoying an outstanding year in terms of awards and achievements.

'It's been a fantastic year for the choirs,' says Will. 'The men travelled to Ulverston and won first prize in the South Cumbria Music Festival. All three choirs won their classes in the Oundle Festival of Music and Drama, and the men and women are soon off to Italy and Spain to compete in international choral festivals. There are big plans for next year as well.'

Closer to home, the choirs have performed with the Royal Philharmonic Orchestra, Black Dyke Band, The King's Singers and even had a piece of music specially written for them by internationally-

renowned composer Errollyn Wallen.

So when you've finished the shopping, the tree, baubles and bangles are up, and the mistletoe's hanging from the door, there's only one thing left to do – celebrate the magic of Christmas with Christmas Magic!



Christmas Magic is at the Broadway Theatre, Broadway, Peterborough on Sunday, December 18. Performances at 3pm and 7.30pm. Tickets are available from £16 by calling 0333 666 3366 or visiting www.peterboroughmvchoir.org.uk (fees apply).

Photos: Will Cheung



Peterborough Centre for Young
Musicians & Peterborough Music Hub

www.pcym.org.uk

Open Day



Saturday 24th September 2016 - 9:00am – 12:30pm

Ormiston Bushfield Academy – Ortongate, Peterborough, PE2 5RQ

The day will include:

- Performances from an Ensemble of the Guildhall School of Music & Drama
 - An opportunity to meet the teachers
- A series of 'Taster Sessions' with an instrumental workshop, singing workshop and musicianship class
 - An information desk
- Assistance with completing Application Forms to apply to join PCYM on the day
(auditions will be held during the afternoon of 24th September and prospective students can also apply through teacher reference)
- Refreshments – a place for family and friends to wait and share the experience with you

PCYM is open to young musicians aged between 7-18 years. Potential applicants will need to register their intention to attend by completing a permission form.

On the day, bring along your instrument (pianos and percussion will be available) - everyone is welcome to find out what it's all about!
For further details, relevant forms and links to other Guildhall School centres across the UK, visit the website or email musichub@peterborough.gov.uk



Supporting public funding by
**ARTS COUNCIL
ENGLAND**

FOOD FOR THOUGHT



Lucy + Jorge Orta, the international artists behind the spectacular 2015 Harvest meal in Cathedral Square return to Peterborough this September with an exciting, brand new exhibition.

In 2015, arts organisation Metal invited Lucy + Jorge Orta to take part in their Harvest Festival. They delivered 70x7 The Meal Act XXXIX in Cathedral Square, their first UK outdoor Meal in their international series, seating 500 local residents for a meal of locally sourced produce.

On 10 September Metal will be opening Lucy + Jorge Orta: Food, an exhibition including sculpture, drawing and objects, some of which have been inspired by their Peterborough meal in 2015. The exhibition, at City Gallery in Peterborough Museum, is the culmination of twenty years' dedication to the power of art and food. A new publication, *Food and the Public Sphere*, published by Black Dog, will also be launched at the exhibition and features Peterborough's meal alongside the 39 others that have happened across the globe.

The Orta's food recycling projects, mass open-air meals, gleaned gastronomic diners and mobile soup kitchens have pioneered a renewed interest in the politics of food,

and of the social dynamic and ritual practices of eating together. The exhibition at Peterborough City Gallery marks the culmination of an 18-month residency in the city of Peterborough, drawing together archival work from their Food series, alongside new sculptures and drawings inspired by the Peterborough Harvest meal. Running alongside the show will be a diverse programme of activities and events ranging from bread making and pickling workshops, artist talks, and public debates on the politics of food.

Bio-diversity and Seed Bank

The artists' 'Seed Bank' is a vast collection of 100 new watercolour drawings inspired by seeds, pollen and tubers that draw attention to the immense diversity of our natural world, currently under threat. These will be shown for the first time in Lucy +

HortiRecycling

In 1996, when farmers in France protested against EU agricultural policy by dumping their entire year's harvest of fruit and vegetables onto the motorways, the Orta's began gathering food waste and leftover produce and worked with top chefs to turn the produce into jams and preserves which they shared at stalls outside of the famous Les Halles in Paris. This led on to a body of work entitled HortiRecycling and the creation of structures that enabled a food recycling initiative to take place in local markets.

Jorge Orta: Food. Together this represents a metaphorical seed bank; preserving particular varieties not in commercial use or that may be threatened with extinction. These art works advocate the preservation of biodiversity and the wisdom and imagination necessary to do it.

The drawings will be accompanied by a beautiful new series of highly sculptural and exquisite heritage Seeds, enlarged from their drawings and produced in collaboration with the Venetian glass maestros of Murano.



The Meal Series

The 70 x 7 The Meal series takes the everyday ritual of dining and introduces motifs, symbolism and language into the design of bespoke Royal Limoges porcelain plates and table runners as triggers for discussion amongst the diners and catalysts for change.

The exhibition will present for the first time the whole collection of Orta designed Royal Limoges porcelain plates from the 70 x 7 series, alongside the bespoke silk jacquard table runners, woven by local Suffolk weavers.

There will also be a major new sculpture, featuring over 100 loaves of bread baked by the residents of Peterborough who attended the Harvest meal. Each loaf of bread has been cast in aluminium to create a stunning centrepiece to the show.



i The exhibition runs from 10 September to 4 December, Tuesday to Sunday, 10am - 5pm at City Gallery, Peterborough Museum. Lucy + Jorge will be talking about their work on Saturday 10 September, 1 - 3pm at City Gallery. In addition, there will be a programme of bread making workshops, talks, debates and film showings running throughout the exhibition. For more details and how to book visit metalculture.com, call 01733 893 077 or follow Metal Peterborough on facebook.

Home is where the heart is



Art in the Heart has moved from Bridge Street to Westgate Arcade – and, says, **CEO Dawn Birch-James**, it's where the Peterborough gallery belongs. *The Moment* talked to her about art, community and a place to call home...

How did the move to Westgate come about?

I just contacted them and in short said: 'We are exactly what you want along that arcade!' Queensgate has a vision for Westgate, which is a bespoke, quirky, individual, independent traders' arcade, where people can come and find something different. I felt we were a great fit in terms of them achieving their aims for the arcade. We get on really well with the Queensgate team, too – I definitely see it as a partnership. We are also doing our Live Art Saturday events, workshops and temporary exhibitions next door.

Why did you think Art in the Heart was the perfect fit for Westgate?

We've really honed our brand. We started out offering aspiration on the high street – very much the Mary Portas agenda – then as time went on we evolved

"We are delighted to welcome Art in the Heart to Westgate Arcade, which is a fantastic addition to our diverse mix of independent retailers in this area. Queensgate Shopping Centre is committed to supporting local art in the community and we believe Art in the Heart will attract enthusiasts from far and wide. We wish them all the very best for the future." –

Mark Broadhead, Centre Director, Queensgate

into something else; we were grabbing the interest of art collectors, with people coming in saying 'this is seriously good!' I started to look at Art in the Heart in a slightly different way, and realised that what it was really about was the connection between the viewer and the artist's narrative. It was an emotional thing. That's why we have the strapline 'Art in the Heart – this is love'. It's very much about coming into the place and experiencing that connection. That could be a connection with somebody's struggle to create something, or the story of how something is made, or where it's made, or a combination. The narrative is always unique. But that's why people come in. They connect, and they want to connect. It's not really like a high street chain store.

How would you describe Art in the Heart now?

I worked out there were three strands to this brand. The first is quality, emerging contemporary artists. In this gallery we have a quality of artist that I would feel

very comfortable exhibiting in a good gallery in London. Katie Timoshenko, for example, whose whole heart and soul is in her artwork, or Matthew Booker, whose printmaking is of fantastic quality.

The second component that is really powerful is to do with connection to the local community. I was wary about this when I started out, because it can suggest something a bit parochial, but now I'm not so afraid of it! What it's really about is supporting the local art industry. They always have this space, which is dedicated to them. Creating a community, and creating connections that otherwise may not have been created – that's why I keep doing it.

Also, we have given work experience to about 70 local people over the years. We have people here who are very experienced in education and training – I was a teacher myself for 21 years, and was also a careers coordinator – so we are able to do that, and we now link with the Skills Service, the Jobcentre and Children's Services, so we try to help people find their way and provide an opportunity for them.

The final strand is the part that we have yet to get off the ground, and that is the e-commerce space. This is now all ready to go and the artists are ready with their products, so we just need to make it live, which should happen very soon – before Christmas, I hope.

What do you have coming up between now and then?

Well, there are Live Art Saturdays, which involve an artist demonstrating their work. From the end of September for three weeks we have *Ophelia Revisited: Pure Inspiration* – 26 artists responding to Sir John Everett Millais' *Ophelia*, with their own take on it. There are also various workshops coming up – all events are now listed on the Queensgate website: www.queensgate-shopping.co.uk



Art in the Heart

13 Westgate Arcade
Queensgate PE1 1PY

www.artintheheart.co.uk

WHO YOU GONNA CALL..?

HALLOWEEN... IT'S NOT JUST FOR THE CHILDREN.

And when the kids are in bed, the ghosthunters come out to play. At this most haunted time of year, the city's most haunted location – **Peterborough Museum** – offers some spooky activities for the stout of heart...

You know the feeling. Part of you has always yearned to tackle a Free-Roaming, Vaporous, Full Torso Apparition but in spite of everything, the sum total of your ghostly encounters is no more spectacular than an unexplained mass sponge migration.

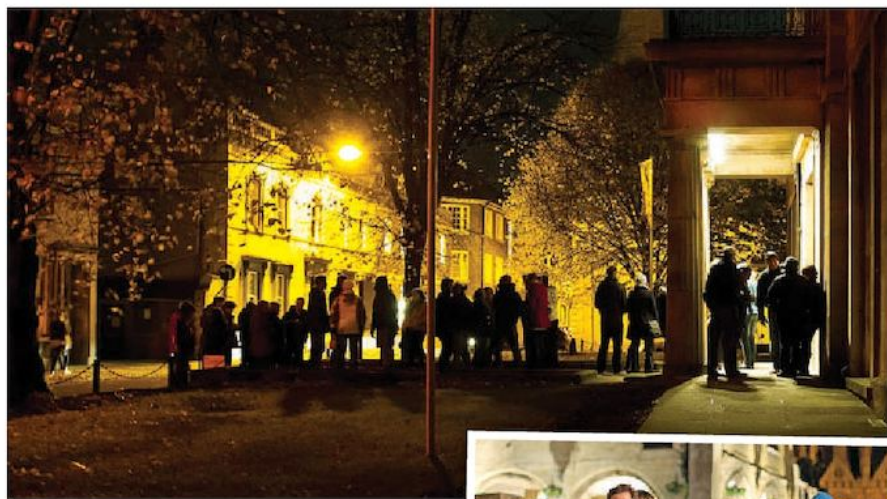
Well, perhaps you've just been looking in the wrong place. A better bet might be Peterborough Museum – a building with a history that goes back to the Tudor period (at least) which is acknowledged as the city's most haunted location.

The Halloween period sees a host of ghost-related events for the public to enjoy, and one of them – definitely not for the faint-hearted – will allow members of the public to become ghost hunters themselves – in the

Museum, after dark. It normally runs from 11.30pm to 4am and begins with a candlelit tour of the Museum which then evolves into a real, live ghost hunt. Nothing is set up, and there are no tricks – the Museum simply provides the ghost-hunting equipment and talks aspiring ghosthunters through the basics – and in recent years there has hardly been an occasion when someone hasn't had something strange happen...

So, what might you bump into in the night?

It's said at least eight different ghosts haunt the building's many rooms and corridors. Looking back over recent years, we number ten distinct manifestations (see our Terrifying Top Ten) – and that's not



even counting the strange, disembodied voices, footsteps and bangs that have all been regularly reported – by staff as well as visitors.

Stuart Orme is author of *Haunted Peterborough*, a compendium of local ghost sightings and folklore, and until 2016, when he moved to a post at Peterborough Cathedral, was Vivacity's Events and Programmes Manager based at the Museum. 'I've had things happen to me inside the building which I can't quite explain,' he says.

Most startling of these is the fleeting appearance of what we're choosing to call The Blue Lady. 'We were setting up the Belle Epoque exhibition of Edwardian costume,' says Stuart, 'and myself and two colleagues were working late one Thursday inside the gallery, getting ready for the opening. One of us was on the other side of the room setting up some graphics; the other was fixing a wall hanging up a ladder; and I was footing the ladder for her. Nothing out of the ordinary.'

As he stood there, he happened to glance across at the door leading out onto the ground floor corridor. 'And then this woman walked past the doorway. I'd never seen her before in my life. She wasn't a member of staff or a visitor. The building was all locked up and I knew we were the only people in it.'

This ghost did not fit the familiar stereotype, however. 'She wasn't a grey, misty figure – she looked like a living, breathing person. She was about 40 years old, hair pulled back in a bun, dressed in a dark blue Victorian style dress with a white apron or



pinny on the front. And she just walked past the door. My colleagues were looking in the other direction, so didn't see anything. I sort of coughed and they said: "Are you all right?" I said: "Hang on a minute..." shot to the door and looked out into the corridor. But there was absolutely nobody there. The door was locked.' He shrugs. 'It's just one of those things. Buildings have memories.'

As with so many ghosts, this one seems tied to a specific location. 'Lots of colleagues over the years have reported footsteps in that corridor, or glimpsing someone moving past the doorway, and then they look and there's nobody out there. When we've had ghost hunters stay in the building overnight, sometimes they've reported similar experiences.'

It is supposed that Halloween is the Christianised version of the pagan Celtic festival of Samhain, when the veil between this world and the next was at its thinnest, and things could drift through. The perfect time, then, to go in search of your own ghostly encounter. But be careful what you wish for...

Banging doors, ghostly footsteps and voices, unaccountable smells, mysterious lights and orbs have all also been reported around the building...

Peterborough Museum Ghosts – a terrifying top ten

Seeking spooks in the Museum's corridors? Here's a handy guide for ghosthunters...

1. A grey figure, said to be the 'Lonely ANZAC', First World War soldier Thomas Hunter who died in the building in 1916 from wounds received in France. His ghost is seen on the stairs or first floor corridor, and has most recently been seen in June 2009. A strange figure was also caught on camera on the stairs in August 2010.

2. A ghostly kitchen maid who fell to her death on the back stairs (which are not open to the public except for pre-booked tours) – did she fall, did she jump, or was she pushed? Female visitors report the impression of being pushed from behind by invisible hands, many people feel unwell in this area and strange noises have been heard.

3. A dark male presence has been seen and felt lurking on the first floor. Footsteps have been heard here.

4. A ghostly Roman soldier is said to be connected for eternity to his sword, on display in the archaeology gallery. He has most recently been seen in September 2006.

5. A white lady who follows visitors around the upper floor of the building.

6. Poltergeist activity has been reported in one of the ground floor rooms – furniture has been found mysteriously moved overnight.

7. A little girl returns in spirit form in the Geology gallery, leaving messages on tape recordings as well as terrifying a workman. She has also been seen on rare occasions.

8. The eerie ancient cellar – now open to the public as Priestgate Vaults – has a particular reputation, where slamming doors, strange noises and a threatening male presence have been reported. Items have been thrown at some ghost hunters.

9. In one particular chamber of Priestgate Vaults – included in the tour – a hooded figure has been seen that appears to be a monk or priest.

10. In 2013, Stuart Orme saw a Victorian lady in blue with a white apron in the doorway of the exhibition gallery. An echo from the building's former life as the city's first hospital?

JOIN US...

From ghastly ghost hunts to horrifying haunts after dark, there are plenty of ways to satisfy thrill-seekers this Halloween season. For details of the full programme including dates and times, head to www.vivacity-peterborough.com/Halloween

"Combines
all children's
favourite
things: stories,
dens and
interaction."

Stories in the Dark

HALF TERM TREATS ...AND ONE OR TWO TRICKS!

Whether it's spookiness, stories or sporty fun,
half term has something for everyone

Stories in the Dark – a Magical Story Tent

Central Library
Sat 29 Oct, various times
(see below for details)

Visit the magical story tent and find out who stole the darkness, or why the sun and the moon are high and dry in the sky. Marion's tent, full of twinkly lights and colours, is the setting for a storytelling adventure for the youngest children where they can join in and be part of the fun, as we explore the magic of the dark in a safe place, through creation stories from around the world that feature darkness and light. You will never have heard stories told like this – give your children an unforgettable experience.

The tent is probably one of the smallest theatres in the world! It only takes 15 people at a time, including adults, so young children have a real chance to join in with the story, to talk and play. The show lasts 30 minutes, and there is a workshop session after the show for children to explore the resources and

make their own dark story.

Marion Leeper has been telling stories ever since she can remember. Her sparkly, multi-sensory storytelling enchants the youngest children, people with special needs, and adults too. She works in and around East Anglia, in schools, museums – even, once, a nuclear bunker – and appears at festivals (Womad, Cambridge Folk Festival). She runs Cambridge Storytellers' storytelling club, writes about using stories in education and has just published her first book, *Developing Early Maths through Story*.

- **Suitable for ages 2-7, accompanied by an adult**
- **£2 per child, book in advance at any library**
- **Sessions will last around 50 minutes and include a workshop afterwards. They will be happening at the following times. Please choose your slot when booking: 10am, 11am, 12.30pm, 1.30pm (£1.50 – no workshop at this session)**

CURSE OF THE EGYPTIAN MUMMY

Peterborough Museum

October Half Term:

Mon 23-Fri 28 October

10am-5pm (last entry 4pm)

A mysterious, Ancient Egyptian object has come to Peterborough Museum and someone's ghastly ghost is not very happy! Will you be the one to brave the creepy corridors, decode hard-to-read hieroglyphics and use all the clues you can find to break the chaotic curse – or will the spooky spirit have you running for your Mummy?

- **Suitable for ages 7 +**
- **Tickets: £3 children, £4 adults, £12 families**
- **No need to book, just drop in!**

Club Viva

Are your children constantly itching for new and exciting activities? Are you running out of ideas to keep them happy and amused? Club Viva is the perfect solution to make everyone happy! This holiday activity club for children aged 4-12 is a great opportunity for them to get involved in fun activities, make new friends and to get introduced to new activities and crafts.

Club Viva is held at several of Vivacity's sites including Hampton Leisure Centre, Regional Fitness & Swimming Centre and Jack Hunt Swimming Pool & Gym and runs in holiday periods, including summer and half term. There are more than 30 themed, day-long activity days available throughout the year, often with options for half days.

This half term, Club Viva October Activities will take place from Monday 24 to Friday 28 October 2016, and as always will be open between the hours of 8.30 and 5.30, so it is a full day of engaging and stimulating activities for those with active minds and bodies! Slightly shorter days - 10.00-4.00 - are also available to suit your schedule or your child's needs.



Prices start from £16.00, and activities will include Swimming, Bouncy Castles, Diving, Archery and Football, plus a special Halloween themed day and a host of other sports and arts and crafts activities, all based at Hampton Library & Leisure Centre, Jack Hunt Pool and Gym and The Regional Fitness and Swimming Centre.



Prices

Jack Hunt and Hampton

- £18 per day for 8.30-5.30
- £16 per day for 10.00-4.00

Regional

- £20 per day for 8.30-5.30
- £18 per day 10.00-4.00

Weekly prices - all sites

- £80 for a full week 8.30-5.30
- £70 for a full week 10.00-4.00
- Sibling discount is also available across all three sites.
- You can book online from 19 September, over the phone on 01733 864754 or via email at clubviva@vivacity-peterborough.com.
- More information can be found online by visiting: www.vivacity-peterborough.com/sport-healthy-living/clubviva/



SPOOKY STORIES AND SCARY CRAFTS

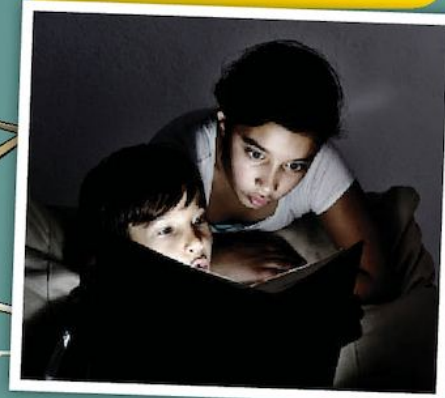
- Central Library - Tues 25 Oct, 10.30am
- Hampton Library - Wed 26 Oct, 3.30pm
- Orton Library - Thurs 27 Oct, 10am
- Bretton Library - Thurs 27 Oct, 11am
- Werrington Library - Fri 28 Oct, 10am

Themed library story times for ages 5 and under, followed by a craft. Enjoy the wonderful humour of the much loved 'Funnybones' stories - these skeletons are friendly not scary!

What can that be in 'The Foggy, Foggy Forest'? Look through the trees and guess who's hiding! Can you help the fish escape from 'The Shark in the Dark'? Bring your best shouty voice... Followed by a simple craft - make your own skeleton or have fun making creepy shapes...

Other libraries are also holding Spooky sessions during their normal storytimes, so please check the website for details.

- www.vivacity-peterborough.com/libraries-and-archives/



CLUB VIVA
AT VIVACITY

Fantastic books

AND WHERE TO FIND THEM

This November sees the eagerly anticipated release of a brand new film set in the Potterverse – ***Fantastic Beasts and Where to Find Them***, starring Eddie Redmayne. November also sees the culmination of a nationwide campaign with the BBC's **#LoveToRead Weekend** – and local libraries are providing an opportunity to get in on the magic...

Books are powerful things. Whether it's the diary of Tom Riddle, Gilderoy Lockhart's *Magical Me*, *Dragon Breeding for Pleasure and Profit* or an enormous, dusty tome in the Forbidden Section of Hogwarts library, a book has the power to transform – the power of alchemy, if you like. Books change our moods. Books change our minds. And books take us places – places we perhaps cannot or dare not go, including those that have never existed.

And if it is all made up, does that make it any the less compelling, or wonderful, or important? On this, we should perhaps heed the wisdom of Professor Albus Percival Wulfric Brian Dumbledore: 'Of course it is happening inside your head, Harry, but why on earth should that mean that it is not real?'

The 5th and 6th November is the BBC's **#LoveToRead Weekend**, inspiring the nation

"WORDS ARE, IN MY NOT-SO-HUMBLE OPINION, OUR MOST INEXHAUSTIBLE SOURCE OF MAGIC." – Albus Dumbledore

to read more and talk about books they love – and few books have inspired more children to read or are more widely adored than J.K. Rowling's Harry Potter books. In fact, the Harry Potter series topped the poll of most worthwhile books to read.

In the BBC local radio poll for **Awesome Authors and Love To Read**, 26% of British adults thought that *Harry Potter and the Philosopher's Stone* was the book every child should read, closely followed by Roald Dahl's *The BFG* (which has inspired its own

Fabulous Beasts Safari

Sat 5 November

Werrington Library 10:30-11:30am

Bretton Library 11am-12noon

Central Library 1:30-2:30pm

£2 per child. Suitable for ages 7+ accompanied by an adult

On Saturday 5 November you are invited to enter the wizarding world created by awesome author J.K. Rowling in her best-selling Harry Potter books, including *Fantastic Beasts and Where to Find Them*. In fact, it's a chance for you to find some fantastic beasts of your own...

Head along to the library and follow the clues from the Harry Potter books to discover some magical beasts hidden around the library. Take a safari to track down elves, goblins, trolls and giants as well as the occasional owl! Then you can get stuck into some Harry Potter-themed crafts, including the opportunity to design and make your own troll to take home.

Potter fans will love it but you don't need to have read the books – an interest in magical and mythical creatures will suffice.

blockbuster film this summer). The crazy, creepy and wonderfully yucky tales of Roald Dahl – whose centenary is celebrated this year – have been a theme of the campaign so far, but in November, hard on the heels of Halloween, it's time for Potter to take centre stage.

Over a thousand adults were questioned for the poll and when asked the reason why they chose any particular book the most common explanation was because it 'expands imagination' (57%), followed by the desire to pass on the pleasure they got from reading it. And that is exactly what **Love To Read** is all about. As Ron Weasley once said: 'When in doubt, go to the library.'

And now there are even more reasons to go. To tie in with the BBC's **#LoveToRead** campaign and the release of the new film, Peterborough Libraries are running a special Potter-themed 'Fabulous Beast Safari' at three Vivacity libraries – Werrington, Bretton and the Central Library – which will allow you to hunt for and find some fantastic beasts of your very own, and perhaps, along the way, discover some more fantastic books, too.

So... Wand? Check. Invisibility cloak? Check. Marauders' Map? Check. Now, let the search begin... *Lumos!*



***Fantastic Beasts and Where to Find Them* goes on general release on 18 November**

www.vivacity-peterborough.com/libraries-and-archives/

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SATURDAY 17TH SEPTEMBER

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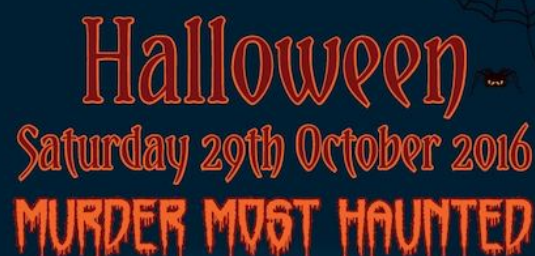
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Halloween

Saturday 29th October 2016

MURDER MOST HAUNTED

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Spooky Tours

An Evening in the Dark

Wednesday 19th October - Monday 31st October 2016

TICKETS ON SALE 13TH SEPTEMBER

www.burghley.co.uk

MAKING

HISTORY

The new season of Vivacity heritage workshops at **Flag Fen** and **Peterborough Museum** begins in October and continues through to March. Aimed primarily at adults, they frequently focus on historic crafts such as wool weaving and dyeing, bronze sword casting, book binding and calligraphy – and one of the featured sessions this season connects us directly with our Bronze Age ancestors and some of the astonishing finds at Must Farm (dubbed ‘Britain’s Pompeii’). **Toby Venables** talked to basket maker Sue Kirk about learning a new craft, ancient fish traps and capturing the spirit of the past...

Basket weaving techniques have been used for thousands of years to make all manner of things, from small containers to entire dwellings, but tell us how these skills of yours were called upon to help understanding of some of the artifacts at Must Farm...

The project that I was involved in was called ‘Making Meaning’ and was led by a lady called Julia Cox. What she wanted was someone who knew nothing about history – me! – who was also a craftsperson and knew something about making the item. The pieces that I studied from Must Farm were fish traps made from willow. So, I remade one, and from that process we learned a lot about the people who made them.

Can you describe one of these traps?

If you picture a tall wheelie bin that was tapered at the bottom, but with that size of neck at the top, and with two rope handles on either side at the top, that’s essentially what it was like! They were between a metre and two metres long, and they’d been flattened by the compression of the soil. We just had half a basket to work from so were imagining the top of it. It’s possible they were primarily for eels, because there were a lot of eels in that area of the Fens, and most eel traps also have something called a ‘chair’ in them, which is like a funnel at the top that funnels the fish in but stops them turning around and swimming out again. The way we made it, having looked at eel traps from around the world, was with a removable chair lashed onto the top of the basket so you could easily get the fish out.

What did you learn from this?

The amazing thing was that a lot of the willow that was used on those fish traps was very straight and uniform in size, which implies that those people had their own willow beds, and were growing their own materials rather than just foraging for it. That is very exciting, because it means that they were controlling the materials that they needed. The other really exciting thing was that lots of the techniques that we found in those remnants of the fish trap are exactly the same as we use now. For example, there was randing in there, which is weaving with one rod at a time, and there was a rope handle, which was exactly how we now make the handles on log baskets. There was also a bit of three-rod wale, which is like a control weave, and a track border, which is something we still use today in willow and cane work. These techniques literally haven’t changed for 3,500 years.

Was it a strange experience, seeing such familiar work made by hands thousands of years ago?

Pieces of basketry don’t usually survive – they’re one of the first things to rot down – so finding pieces that were 3,500 years old is the most exciting thing for a basket maker. I had never seen anything like that before – and for it to be just on my doorstep was amazing!



You obviously learned a lot about this Bronze Age community, but did it tell you things about the individuals who made them as well?

His or her weaving was very neat, very tight and very uniform, and in basketry you only get that good by doing it over and over again. That means that person was making those items on a regular basis to have reached such a standard. They’ve found about 18 of these traps in the excavations, all positioned by weirs. So, they were controlling the flow of the water, and positioning the trap at the neck of the weir so the fish were funnelled into it. Presumably this was necessary to feed the enormous number of visitors who were coming to the Flag Fen area, because it was quite a well-visited place then. That’s why they were regularly remaking or repairing the baskets, because by the end of each season those baskets would have been wearing out with that level of use.

The basket weaving workshop at Flag Fen obviously connects with this history, but what can people expect from the day?

Often, none of the people who come have made a basket before. But, in a day, even if you’re at beginner level, you can learn a variety of techniques and take home a basket at the end of it. You learn how willow grows, how to harvest it, how to prepare it. And you learn different techniques – exactly the same techniques that were used in making the Bronze Age fish trap, including how to put a handle on and wrap it – so you get a real feel for the material and a sense of the craft.

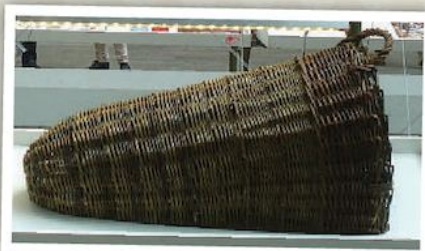


Fish trap excavated at Must Farm

of basketry. It's a really enjoyable experience, where you get to meet other people in a lovely environment and have a taste of how we weave today and how we did in the past. And at Flag Fen you really get that sense of history continuing, experiencing a craft that has been practised continually since that time.

What was it that first got you into basket making?

I met a basket maker when I was about 25. At the time I was teaching in a secondary school, and she kind of became my mentor. She was called Joni Bamford and was the only basket maker in the area, and taught me solidly for almost a year. I gave up my job and started making baskets and garden structures – anything out of willow, really! I just loved it from the moment I started weaving, because I liked the idea that I could grow my own materials as well. I didn't have to go and buy anything. That's the thing I love – it's completely sustainable. In the early spring you're providing pollen for bees and insects, then in winter you cut the willow and whatever you make will never fill up landfill, because all willow items completely biodegrade. Also you've got the social history behind it, all the techniques involved. If you're into maths there's that whole side to it, with all the patterns and looping. All these different elements which I really like – and you never feel like you've learned it all.



Sue's recreated fish trap



● Sue Kirk's basket making workshop takes place on 8 October 2016 at Flag Fen and runs for a full day, 9:30am – 4:30pm.

● Vivacity's heritage venues are amongst a very small number in the area which keep crafts such as these alive, from the ancient to the modern. A wide variety of workshops will be available from autumn 2016 to spring 2017 including Calligraphy (Peterborough Museum, 12 Nov, 10am-4pm) and Roman & Medieval Herbs (Flag Fen, 15 Oct, 10am-4pm).

● For the details on the full 2016/17 programme, including dates, times and how to book head to www.vivacity-peterborough.com/HeritageWorkshops

"These techniques literally haven't changed for 3,500 years"

THE HISTORY MAN

The Thomas Cook Exhibition 'Wish You Were Here' at Peterborough Museum offers a fascinating glimpse into the 175-year history of the company that brought global travel to the masses. **Ben Vanheems** talks to Thomas Cook archivist **Paul Smith** about what it's like working for such an esteemed company

First off Paul, what's it like being resident archivist for a commercial company like Thomas Cook?

In my case you get to deal with 175 years of history, so it's a wonderful collection to work with. It's also great fun because travel has such a universal appeal. There's material in the archive from all ages, social classes and corners of the world. An archive like this connects all of those people together, which in a way is what Thomas Cook wanted to do – to encourage people to travel and get to know new places and new people.

The archive contains an incredible amount of material. Who uses it?

We get enquiries from across the business and externally from researchers, academics and journalists, TV and radio companies from across the world. It means no two days are the same.

Where did all the material come from?

It's a living company, so the archives are expanding all the time. There's material coming in from the across the business today, but also material from 50 years ago, 100 years ago. We also get lots of donations from members of the public whose ancestors either worked for Thomas Cook or in some cases travelled with Thomas Cook. So there's always new material coming in.

"If you wanted to see what it was like to travel on a Nile steamer in 1900 we've got brochures, photographs and diaries"

You mention enquiries from researchers and academics. Why are they interested in the archives?

Since I started 20 years ago travel and tourism history has become an academic discipline in its own right, rather than merely part of another department. Like business history, tourism history allows us to chart our social history. Both business and history is everywhere and affects everybody. Archives such as ours can help academics to

Thomas Cook 'Wish You Were Here' Exhibition

- The Thomas Cook Exhibition runs until January.
- Peterborough Museum, Priestgate, Peterborough, PE1 1LF. Tel: 01733 864663, www.vivacity-peterborough.com
- Opening times: Tuesday to Sunday, 10am – 5pm; Mondays (school holidays and Bank Holidays), 10am – 5pm; Mondays (school terms), pre-booked groups only.

explore specific aspects of this social history and its knock on effects.

Have you always been an archivist?

I am an archivist by profession and I've always worked in business. Before this I worked in London for Guinness where I looked after the archives of the brewery outside of Ireland. I've also worked for a bank. Personally, the Thomas Cook archive is the best business collection I have worked with because it's such fun and it paints such a clear picture of our past. For example, if you wanted to see what it was like to travel on a Nile steamer in 1900 we've got the brochures, photographs and diaries to bring it to life. It's that sort of material that makes the archive so exciting.

What would you say is the most precious piece in archive?

The documents in Thomas Cook's handwriting because there aren't many of them. We have a collection of letters that Thomas Cook wrote to his wife when he travelled around the world in 1872-73. They offer a direct connection with the founder and encapsulate what the business was all about – exploring the world and encouraging people to travel. When you're holding them you're thinking 'this is a

piece of paper that Thomas Cook actually held – he wrote that letter'. That sort of connection is very special.

Is the Thomas Cook Exhibition the first you've coordinated with the museum?

In the 20 years I've been here we've never done anything like this; this is certainly the first time we've collaborated with the museum in a major way. We've been looking to do this for five years, ever since we first mooted the idea. The exhibition gives us a chance to show off some of the archive, much of which is usually locked away or only on display to staff or visitors to the Peterborough head office. Some of the things in the exhibition are being displayed for the first time and having a proper museum setting means we can display actual objects, rather than just images. Of course, the exhibition only scratches the surface of what's in the archive but it certainly gives a flavour of the incredible 175 years of Thomas Cook and travel and tourism during that time.



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VIVACITY

REFLECTIONS ON A LEGACY

This Autumn, **Shelagh Smith** steps down as Vivacity's Chairman, having been with the charity from its inception in 2010. Charged with growing the leisure and culture scene, Vivacity has seen some challenges in its formative years, but even in the face of recession and austerity has helped to put Peterborough on the national and international map, making it a more vibrant place to live and work. Here, she looks back over the last six years and talks about her experiences as a force behind the successful local charity.

"Creativity requires an ability to be fleet of foot, to take risks and to enable change. Vivacity has been able to do this"



SHELAGH SMITH

Chair of Vivacity Culture and Leisure

To begin at the beginning... What led to you becoming involved with Vivacity?

I've spent over 20 years working as a lawyer, but I've always been involved in theatre and visual arts. When I first came to Peterborough in 1989 my first impressions were: 'Wow, this is a forward-looking, exciting city!' It really stoked my artistic interests. So, I teamed up with the curator of the art gallery and we put together an exhibition of contemporary landscape art from the UK and the USSR, which was nominated for a number of awards. We also developed a relationship with Glyndebourne Opera Company, and in 1995 put on a community opera involving 600 people, including around 40 local music groups. Looking back, those events really were seminal. At that time there wasn't really any one organisation within the city that could act as a focus for these kinds of events, but the City Council started looking at ways of outsourcing a whole portfolio of work and venues to an independent body, which led directly to Vivacity.

Why was it important that it was an independent body?

For me, it was recognition of the need to free up the core creative offer in the city. Creativity requires an ability to be fleet of foot, to take risks and to enable change. Vivacity has been able to do this and continues to get better at it. It also has very clear objectives to deliver high quality services in its field of operation: the performing and visual arts, libraries,

heritage, sport and healthy living; to deliver those services to more people whilst generating more income in order to do even more of it in the city of Peterborough.

Does Vivacity give good value for money?

Over the last six years Vivacity in partnership with the Council has delivered a massive saving to the Peterborough taxpayer. As a charity, through being efficient and creative, we can deliver more by re-investing in services of a better quality and to thousands more people than accessed those services before.

Is there a Vivacity success story that stands out for you?

The biggest success is the way in which we work and the 'can do' attitude of staff throughout Vivacity. Having a combination of sport and culture is the key to our success. I love the way staff from one part of Vivacity are quick to volunteer to help out another sector when there is a big project happening. It's the people who make an experience great.

In your six years as Chairman is there a project that has resonated with you on a personal level?

Lots of them throughout the organisation – whether it is young offenders working on poetry with our archive team, supporting athletes during the 2012 Olympic year, bringing live screenings to the Key theatre, a medieval joust to Cathedral Square



Kevin Tighe, Vivacity CEO comments on Shelagh's time at Vivacity

"I remember the first time I met Shelagh, I was impressed with her commitment to the arts and in particular 'things that inspire people'. Over the years that commitment has shown itself time and time again. She has a rare talent for both seeing the strategic picture and having an eye for detail, these abilities and her phenomenal work rate made her the perfect first chairman for a new charity. On day one we had no name and no cheque book. Six years later Vivacity is well known across the City and has a £10 million turnover. I have no doubt that Shelagh was absolutely key to these and many other successes. I believe myself lucky to have met Shelagh and to have had the opportunity to work with her; I and the City of Peterborough will reap the legacy of her hard work for years to come."

or having the Natural History Museum working with us on the Real World Science project for teenagers in this region. It's so broad – everything from being part of the Peterborough Literacy Campaign through our work in libraries to using our gyms across the city to promote healthy living, to welcoming and working with Metal in the city, to conserving a fleet of Bronze Age boats at Flag Fen. My passions have always been around the performing arts and visual arts, so I have loved the developments we made with the Arts Festival and the spectacle of Close Act that brought gigantic dinosaurs, angels of darkness and light right into the centre of the city as part of welcoming the Olympic torch; the changes we made to the programming at the Key Theatre bringing so many diverse audiences into the theatre,

open every day of the week. And, we are now using the City Gallery in a way that engages more with people as well as creating some great exhibitions.

Exciting times are afoot with the recent discoveries of 'Britain's Pompeii', the Bronze Age settlement at Must Farm, what do you think the implications are for Peterborough?

This is a game changer for Peterborough. Heritage really is Peterborough's defining characteristic and the Bronze Age finds are the city's unique selling point. As a result of these amazing finds we will be able, to show and tell the story of how Bronze Age man lived, what he ate, what he wore, how he traded. Our plans to develop Flag Fen to share this story with the public as well as provide an educational research centre will make Peterborough a national heritage destination; unique in the UK, special in Europe and of interest worldwide.

This also feeds directly into our Vivacity for Schools service, which is kind of a one-stop shop for teachers co-ordinated across all Vivacity teams, and ties in to the curriculum. This is designed to help teachers, allowing them to know exactly what will be delivered in terms of quality and content. It also feeds into CPDs so helps teachers' professional development.

Vivacity has almost as many volunteers as paid staff, in your role as Chairman what has given you the greatest sense of satisfaction?

Seeing people grow and develop. Giving people the opportunity to share in the cultural and sporting assets of this city. Allowing them to feel a sense of ownership in the huge number of experiences we are able to give people every day. Belonging to a community of people in shared activity is life enhancing, builds confidence and encourages an understanding of others. That is how societies are built and acquire a distinctive identity. I am very pleased to be a part of this collective endeavor.

What does the future hold for Vivacity?

Vivacity is in great shape and has a strong, experienced and skilled board of trustees to steer it into the future. There is a great foundation on which to build. The staff and volunteers are the backbone of the organisation and so long as the focus remains on what we actually do, how we do it and we go on broadening the customer base, then the future will be bright.



LIFE AFTER CANCER

In one way or another, cancer affects us all – but we don't have to take it sitting down. New Vivacity fitness classes specifically designed for those with or recovering from cancer provide the opportunity for sufferers to stay active, improve their quality of life and even help keep cancer at bay. **Toby Venables** looks at how exercise helps those with the disease – and how it can reduce the cancer risk for us all.

“We are experiencing a cancer epidemic...” So said a leading cancer expert to me at a seminar not long ago – and while it sounds scary, the figures certainly support his claim.

Figures from Cancer Research UK show a 12% increase in the rate of cancer since the mid-90s – that's more than 352,000 people now being diagnosed with cancer in the UK each year compared with around 253,000 two decades ago. We don't have to look far to see the effects, either. Everyone knows someone who has suffered the disease – many of us will have been involved in some form of fundraising for a friend or colleague. If that wasn't enough, 2016 has seen a seemingly endless succession of cultural figures succumb to cancer including David Bowie, Alan Rickman, Terry Wogan, Victoria Wood and Caroline Aherne.

But, while it rarely makes the headlines, there is good news, too.

Survival rates are increasing. We may not have a cure yet, but methods of early detection and treatment are improving all the time – to the extent that 50% of patients are now surviving 10 years after a cancer diagnosis. This means many now carry on living full and happy lives, returning to their careers and raising families – a very different picture from that which perhaps came to mind in years gone by when 'the Big C' was mentioned. Such is the change that there are now moves afoot to have cancer reclassified, so it is no longer regarded as a terminal disease, but as a chronic illness. The reality is, there is life after cancer, and the focus for many is no longer on mere survival, but on the quality of that life, and – as with anyone – keeping happy and healthy.

Recently, medical science has come to appreciate the role exercise can play in all this. In fact, exercise can not only help us recover from cancer, or fight back when we have it, it can reduce our overall cancer risk – whether we have already suffered it or not.

50%
of patients are now
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Reducing your risk

Getting cancer is often seen as being down to bad genes or bad luck, but a growing body of research has shown that many cancers are preventable. According to Cancer Research UK, 42% of cancer cases are linked to major lifestyle and other factors, while a study carried out by scientists from Stony Brook University in New York and published in the journal *Nature* has shown that as many as 9/10 cancers may be avoidable.

By far the greatest contributing factor is smoking, but weight, diet, alcohol consumption and the amount of exercise taken all play a significant part – often things we could easily change. A report issued this year by the Obesity Health Alliance suggested that over the next 20 years the UK will see 670,000 new cases of cancer as a result of obesity alone.

So detrimental is our sedentary lifestyle to our health that it has prompted cancer specialists in the US to announce 'sitting is the new smoking' – and according to Cancer Research UK, 3,400 cases of cancer could be directly prevented in the UK each year simply by people keeping more active. People often feel powerless in the face of cancer, but the fact is most of us have the potential to reduce our cancer risk through a few simple lifestyle changes, right now.





How does physical activity help?

Being physically active can change the levels of some hormones, including oestrogen and insulin. High levels of these hormones are thought to have a significant impact on the likelihood of cancer developing.

Physical activity also helps food move through our bodies, which is a good thing. This reduces the amount of time that the inside lining of the bowel is in contact with any harmful chemicals, such as those released when you consume alcohol or red and processed meat. So there's less chance of them being able to cause damage that could lead to cancer.

Being physically active, along with a healthy, balanced diet, can also help you manage your weight – another major factor affecting cancer risk, as well as many other diseases such as heart disease and diabetes.

Physical activity has benefits above and beyond general health

and weight control, however, and there is now good evidence that being active can help people not only after cancer treatment, but during it as well. In fact, a recent study published

Exercise can reduce the tiredness experienced during cancer treatment



by Copenhagen University Hospital showed that adrenaline and other exercise-induced chemicals actually help the body to fight tumours.

The positive effects of exercise are not purely physical. One research study found that women who had had breast cancer were less likely to be anxious or depressed if they exercised for half an hour four times each week – and the sooner the women started their exercise after their cancer treatment had finished, the better they felt.

Studies suggest that up to 4 out of 10 women are depressed a year after their diagnosis. A study published in 2007 also reported that women who had had breast cancer treatment felt better, had better shoulder mobility, and could walk further in 12 minutes, after a 12 week group exercise programme.

Other studies have found that an exercise regime can help reduce the tiredness often experienced during cancer treatment. Even those having intensive treatment were fitter and had less fatigue. So, exercise can help fight the cancer and the treatment side effects – a win-win.

How much exercise is right for me?

There aren't any general UK guidelines about exercising after cancer, but several studies have shown that exercise is safe, possible and helpful for many people with cancer. In general, cancer patients should check with their doctors before starting any type of exercise – and people with certain types of cancer or having particular treatments may need to avoid some specific types of exercise – but in most cases, some physical activity will be possible and beneficial, and Vivacity's classes can tailor the level of activity to your needs and your abilities.

In 2010 in the USA the American College of Sports Medicine reviewed published studies looking at the safety of physical exercise during and after cancer treatment. They also reviewed what effect the exercise had. They focused on breast, prostate, leukaemias and lymphomas, bowel and gynaecologic cancers. In general they recommended the same level of activity for cancer patients as for the general population.

Generally, doctors advise at least 30 minutes a day, five days a week, of moderate paced activity such as walking. This level of activity is helpful for people even during treatment. Everyone is different, however, and exercise needs to be tailored to individual people, taking into account their overall fitness, diagnosis, and other factors that could affect safety.

The best advice is to talk to your doctor if you have any concerns about your fitness for any particular sport or activity – but Vivacity's specialist instructors can also help by showing you the options and offering advice on what is best for you.



To find out more about Cancer Rehabilitation and other specialist fitness classes, including times and venues, go to: www.vivacity-peterborough.com/sport-healthy-living/specialist-health-services/

You can also speak to an advisor on 01733 864764 or email healthservices@vivacity-peterborough.com in confidence.

NORDIC WALKING

Cross-country skiers in Finland have been walking with poles as part of their off-season training for decades, but it wasn't until the 1990s that the activity was formalised as a sport in its own right.

Nordic Walking was born! Simple to learn and cheap to do, it not only keeps your heart and lungs in top condition but ensures upper and lower body muscles remain in top shape. There are now ten million Nordic Walkers all over the world – and Vivacity's walks are proving a big hit around Peterborough. We talked to chiropractor and avid Nordic Walker **Pam Lander** about the benefits...

How did you first become interested in Nordic Walking?

It was through a patient who mentioned she was going to join a group – I asked if I could gatecrash, as I'd been curious about it for a while!

Did you like it the first time you tried it – and if so why?

I really did like it! Walking is something I love doing anyway as I walk our two dogs every day and do a lot of hill walking. What I enjoyed specifically about Nordic Walking was that it was a new technique to me; I learnt how to walk more aerobically and I loved going at a faster pace as the poles mean you can really cover a lot of ground quickly. I also liked the fact that using the poles means you're engaging your upper body. Walking as part of a group was something I hadn't done before and that was a nice bonus, especially as it often meant going for a coffee afterwards!

What would you say have been the benefits for you personally?

I'm walking with more awareness about how I'm moving and how I'm breathing. I'm walking with a group and I also take myself and my poles out on my own and I get a much better workout when compared with walking the dogs.

Speaking as a chiropractor, what is special about Nordic Walking, and what makes it different from ordinary walking?

Physically, your stride length increases, you breathe deeper and use more of your lung capacity. You use your upper body and you learn to walk with a good posture. Mentally, it's sociable. There's absolutely no pressure to be at the front of the pack, you go at your own pace. If you're minded to, you can track your pace and improve your speed and distance. All of this can positively effect the psychosocial aspect of good health. In addition to this, each walk begins and ends with a few minutes of warm up/warm down so you don't just throw yourself into it without warming your muscles first. This reduces the chance of injury.

Do you have any advice for someone considering taking it up, or just starting out?

Give it a go! Find a group close to you and ask the Nordic Walk leader if you can join a beginner's course. In order to be a fully fledged Nordic Walker you attend four walks, after which you can join any walk anywhere in the country.



Vivacity Nordic Walking Groups

● **Tuesday 11.30am – 12.30pm**
NEW 6 week beginners course*
starting from 6th September

● **Monday 9.30am – 11.00am**
Bushfield Leisure Centre
(Beginner/Intermediate)

● **Tuesday 9.30am – 10.30/11am**
Werrington Leisure Centre
(Beginner/Intermediate)

● **Tuesday 1.30pm – 2.30pm**
Central Park Buttercross Cafe
(Beginner/Intermediate)

● **Wednesday 9.00am – 10.00am**
The Regional Fitness & Swimming
Centre (Beginner/Intermediate)

● **Thursday 9.30am – 10.30am**
Hampton Leisure Centre
(Beginner/Intermediate)

There is no need to wear special exercise clothing, it can be done anywhere. It's suitable for any age and any fitness level and is very sociable. All equipment will be provided FREE of charge. Nordic Walking technique must be learnt correctly if the participants wishes to get the best out of the exercise. All standard Nordic Walking sessions are FREE for Vivacity members and just £4 for non-members. *NEW 6 week beginners course is £15 for Vivacity members or £35 for non-members. You must phone to book onto this course as spaces are limited.



For more details visit
www.vivacity-peterborough.com/nordicwalking



HOW WILL **YOU** QUIT THIS STOPTOBER

There's lot of support available, so **talk to your local
Stop Smoking Service on 0800 376 56 55**
or visit a roadshow on:

Wednesday 28 and 29 September

Outside 441 Lincoln Road Centre

Friday 30 September and Saturday 1 October

Outside the Town Hall, Bridge Street



 Search Stoptober  /stoptober

 @stoptober

www.healthypeterborough.org.uk

 @HealthyPboro  Healthy Peterborough

BECAUSE THERE'S ONLY
ONE YOU

SWIMMING FOR ALL!

The **Vivacity Regional Fitness and Swimming Centre** has always been proud to welcome swimmers of all abilities to its waters. Now, thanks to a project funded by the **Amateur Swimming Association (ASA)**, further improvements have made the centre even more disability friendly.

The Regional Fitness and Swimming Centre on Bishops Road is a mecca for anyone of any ability who loves swimming. The centre was recently selected by the ASA to take part in its inclusive swimming project – Let's Go Swimming. The project identifies the barriers people with disabilities may encounter when going swimming. It does this by carrying out mystery visits, site audits and by interviewing customers and staff.

The outcome of the Regional Fitness and Swimming Centre's audit has been hugely positive. It has highlighted the areas in which the centre offers good disabled facilities but also some areas of improvements that have been funded by a grant from the ASA. Funding is available for improving inclusive swimming access and availability, staff education and the provision of inclusive swimming sessions.

The centre has acted on the audit results to make several improvements. The funding

has been used to improve access and service levels to the centre by installing drop curbs from the main bus route, introducing better traffic management, improving centre signage, increasing changing room seating and installing poolside storage. In addition, some of the funding has been used to create a new swimming environment in the existing Teaching Pool.

The new Teaching Pool timetable has been designed to include specialised disability sessions, as well as relaxation and confidence sessions, while making space for specialist user groups. Recently fitted blackout blinds throughout will allow for a more private swimming experience.

Newly installed specialised sensory equipment will create an otherworldly underwater setting – complete with fish! Swimmers will be transported to the realms of the ocean thanks to two projectors, with relaxing water music completing the experience while users bask in the 32°C Teaching Pool water.

Sessions using the new sensory equipment

- **Tuesdays:** Parent and baby, 8-9am; GP referral open session, 7.30-9pm
- **Wednesdays:** Ladies only relax zone, 8-9pm
- **Thursdays:** Parent and baby, 8-9am; Inclusive activities, 7-8pm
- **Fridays:** Inspire lessons (disability swim), 7-8pm; disability free swim, 8-9pm
- **Sundays:** Aqua relax, 7-9pm



Lights and projectors in the new Teaching Pool



Regional Fitness and Swimming Centre

Bishops Road, Peterborough
PE1 5BW. 01733 864760, www.vivacity-peterborough.com/venues/regional-fitness-and-swimming-centre

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*Subject to terms & conditions

THE GYM CHANGED MY LIFE!



Attending a Vivacity gym proves genuinely life changing for some. Two regular visitors explain how Vivacity has helped them to improve their health and fitness in a truly fundamental way

Healthy lifestyle choice



I was slim throughout my 20s and quickly lost my baby weight after having my two children. But by my mid 30s, with the boys off to school and me back at work, I started to gain weight. Time and circumstances prevented me from joining a gym or attending classes and by Christmas 2012 I was the heaviest I'd ever been. I decided I needed to change this.

I couldn't commit to a gym membership so I started walking a 3km circuit every night, whatever the weather and sometimes at a ridiculous hour! By Easter I'd lost almost three stone. However, throughout the summer, I gained weight once more and ended up putting a stone and a half back on. I kept on with the walking then in summer 2014 my friend convinced me to go to Zumba with her at the Hampton Leisure Centre. And then

another friend asked me to try out Body Pump with her. I loved it and went again! With a



Sarah Copland before her transformation

change of job (more money) and older children (more time) a monthly gym membership became feasible and I joined Vivacity Premier Fitness, which gives me access to classes at all of the six Vivacity sites. Since joining, I haven't looked back and have added more and more classes to my timetable during the year and half I've been a member. My fitness has improved and I've seen some big changes to my body shape. I have lost more than four stone and have gone from a size 14/16 to a size 10. It's been quite an achievement and I can honestly say I've never followed any fad diets; I eat



Speeding recovery

About 10 years ago I had a stroke and was referred to the gym at Bushfield Leisure Centre in order to speed my recovery. The first exercises I started doing were cycling, hand pedalling, seated rowing, peck-deck and walking with a quad stick. I've gained core strength, kept my muscle toned and have made progress with my walking, all the while improving my general health. My blood pressure has remained stable and I have good ECG results.

What I most enjoy about my sessions with my trainer, Rob Reinaldo, is getting to meet different people and feeling much better in myself. I would recommend the gym programme to anyone and have done so on several occasions.

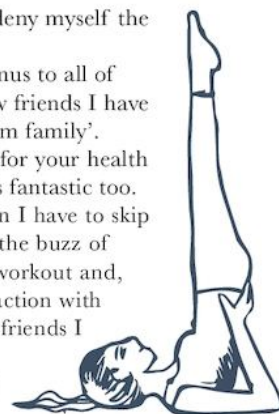
Tony Gibson



healthily but don't deny myself the occasional treat.

Another great bonus to all of this is the many new friends I have made. I love my 'gym family'. Keeping fit is great for your health but the social side is fantastic too. On the odd occasion I have to skip a class I really miss the buzz of having had a good workout and, of course, the interaction with the lovely bunch of friends I see there.

Sarah Copland



For more information about our gym memberships and how we can help you achieve your goals, call 01733 864000, email membership@vivacity-peterborough.com or ask at your local Vivacity Centre. See more at: www.vivacity-peterborough.com/sports



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*T&Cs apply

HEALTHY Stoptober

THIS TIME IT'S PERSONAL!

PETERBOROUGH!

In February 2016, Peterborough City Council launched the first of a series of themed campaigns to help the city and surrounding rural areas to better health – part of a year-long programme targeting a different topic each month. **This issue – smoking.**

Peterborough smokers urged to sign up to **Stoptober 2016**

Each year thousands quit smoking for 28 days with Stoptober, starting on 1 October. By signing up to the Stoptober campaign they access a range of free support including packs, emails, texts and an app – all providing information, advice and daily tips to help them through the month.

Everyone quits together, supported by employers, communities, charities and other partners, as well encouraging each other via the Stoptober Facebook page. And by making it to 28 days smoke free, they are five times more likely to quit for good. So far nearly a million people have signed up.

If you're thinking about quitting smoking and signing up to Stoptober there are plenty of stories from successful quitters and advice on the Smokefree website. Or if you want local support look out for the Peterborough Stoptober caravan where you will be able to talk to one of Public Health's friendly Stop Smoking Advisors to discuss how we can help you take that first step to quitting. The caravan will be located all day at the following dates and places:

- **Wednesday 28 and 29 September outside 441 Lincoln Road Centre**
- **Friday 30 September and Saturday 1 October: Peterborough City Centre (tbc)**

Dr Liz Robin, Director of Public Health for Peterborough City Council, says: 'Last year around 800 people from Peterborough signed up to Stoptober and we hope many more will sign up this year. Stopping



smoking can significantly improve your health so we hope those ready to quit sign up and also access the local support offered by our Stop Smoking Service. The service is free and is available not just during the October but throughout the year.'

To help you to quit, support and advice on a range of medication options

Smoking facts...

- The average male smoker has 13 cigarettes a day and the average female smoker has 11 a day, which works out as 390 cigarettes a month for men and 330 for women
- A 20-a-day smoker can save up to £250 a month by taking part in Stoptober
- You are more likely to stay smoke free by quitting with a partner, friend or colleague
- Those who stop smoking for 28 days and longer will begin to experience financial, physical and health benefits including better sense of taste and smell



can be obtained from Public Health's Stop Smoking Service. Just call the freephone number 0800 376 56 55 to get an appointment with a specialist Stop Smoking Advisor who are available at a range of locations including GP practices, pharmacies, or in the community. There is also a dedicated clinic for pregnant women based at Peterborough City Hospital.



Peterborough City Council is planning other events across the city at various other locations. Details of these are available at www.healthypeterborough.org.uk.

For further general information on the Stoptober campaign, go to www.nhs.uk/smokefree/stoptober

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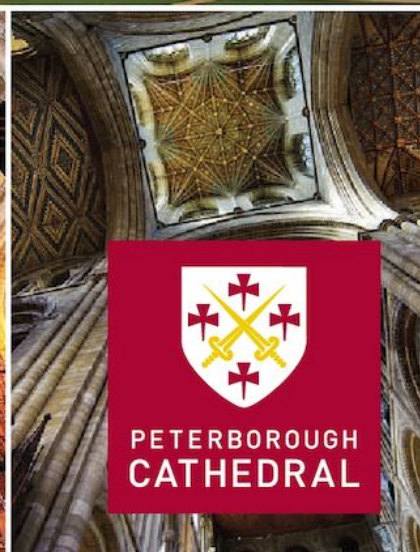
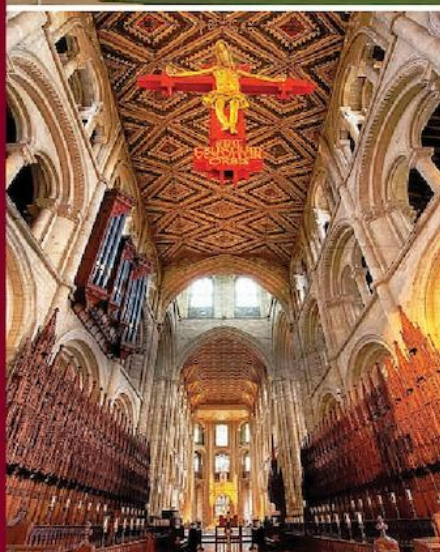
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Jan, tell us a bit about who you are and what you do

I am a dispensing optician, which means that I help select frames, choose lenses, fit spectacles and basically consult on everything regarding the sale and supply of spectacles and sunglasses, whether to a prescription or not.

brands at the moment, and their products are extremely coveted. We also have exclusive contracts for bespoke frames. IC Berlin's sheet stainless metal frames are a popular choice because of their minimal look and unique screwless hinge mechanism, and Martin & Martin is another retro range we offer made to measure.

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Tinnitus

It's estimated that tinnitus affects **10-15%** of the population (that's around 6 million people in the UK) and yet few of us have a real understanding of what it is or what to do about it. **Paul Scigala** of Sound Advice Hearing answers some of the common questions on the condition...

Q. What is tinnitus?

A. The actual word 'tinnitus' comes from the Latin word 'tinnire' to 'ring' and it is the perception of sound in the absence of any corresponding external sound. It can be heard in one ear, both ears, or in the head itself and can sometimes be difficult to pinpoint its exact location. In other words the sound, whilst very real to the person experiencing it, is not audible to others. Tinnitus is not a disease or an illness. It is a symptom that is generated within an individual's auditory pathway, and its precise cause is still not fully understood. There is a common myth that nothing can be done about tinnitus, but there are many therapies or aids that can help manage the condition.

Q. What does it sound like?

A. Tinnitus can take a variety of forms including ringing, buzzing, hissing, roaring, whistling and for some, it can even sound like music or singing. It can be a single noise or multiple noises and can be a continuous sound or it may just come and go. Another form of tinnitus is called pulsatile tinnitus, where the sound may beat in time with your heart. For many, tinnitus is little more than an annoyance, – for others, it can be quite intrusive and can affect them in all aspects of their life.

Q. How common is tinnitus?

A. Tinnitus is a common condition it can happen at any age, but it is more common in people over the age of 65. It can develop gradually or can be very sudden, and likewise



Other useful tips for people suffering from tinnitus are:

- Not to worry about it
- Changing emotions related to your tinnitus, trying to filter out the tinnitus signal from the conscious mind
- Keeping your mind occupied, but not to overdo things
- Use soothing music or environmental sounds quietly in the background
- Practice relaxation and taking time out for yourself
- Breathing exercises

Along with the above people can find some success with tinnitus maskers, counseling and stress management, Tinnitus Retraining Therapy (TRT), Cognitive-Behavioral Therapy (CBT). The most important thing to remember is that there is certainly help available. You can visit your GP to discuss or you can have an evaluation of your tinnitus and hearing at Sound Advice Hearing. We are there to try and help reduce the impact of tinnitus on your life and enable you move forward.

it can be continuous or just come and go. It is estimated that between 10 and 15% of the UK population have the condition. That's more than six million people. Many people will experience temporary tinnitus after exposure to loud noise, such as a pop concert, but this normally fades away. Repeated exposure to loud sounds can cause damage to the sensitive inner ear, however, and this can lead to more permanent tinnitus.

Q. Causes of tinnitus?

- A.** There are many possible causes or triggers. Some of the most common are –
- Hearing Loss
 - Noise Exposure
 - Stress
 - Head or neck trauma
 - Medication side effects



- Outer and middle ear pathologies such as middle ear blockage, impacted wax
- Temporomandibular joint dysfunction
- Meniere's disease and other inner ear pathologies

Q. How is tinnitus related to stress and the brain?

A. Activation of the limbic system can greatly contribute to increased stress and tinnitus-related anxiety. The limbic system is the part of the brain that controls our emotions eg fear, anger, happiness, but it also is involved in deciding the value of our thoughts, perceptions and behaviours. Theory suggests that this part of the limbic system works like a noise cancellation system. When this system doesn't work well, people are not able to suppress unimportant thoughts, behaviours, and perceptions – including phantom perceptions like tinnitus. There is also a vicious circle: the more you think about the tinnitus, the more anxious you become, and the more anxious you become, the more intrusive the tinnitus.

Q. What treatment is there for tinnitus?

A. There is currently no cure for tinnitus, despite increasing public awareness; tinnitus is still a little understood disorder. The solution for the majority of people is to work towards breaking the 'vicious circle' within the limbic system to significantly reduce the effect with tinnitus. This process, known as habituation, naturally occurs for many people (the noises diminish over time as the brain loses interest and stops concentrating on the signal). For others a more structured individual plan is necessary to achieve this effect. When a hearing loss is present with tinnitus, then hearing aids have been proven to be one of the most effective methods of reducing tinnitus perception.



**Sound Advice
Hearing Centre**
1 Cross Street, Peterborough
PE1 1XA. 01733 343888
www.soundadvicehearing.co.uk

Top of the toms

Got a glut of tomatoes? Try this delicious galette and make the most of these seasonal treats

Tomato and Gruyère galette SERVES 4

A galette is a free-form tart that doesn't need a tin. Its irregular shape is its rustic charm, so don't aim for perfection here. This works just as well with shop-bought puff pastry. For the best flavour, go for an all-butter version. Eat warm or at room temperature, with a green salad on the side.

Ingredients:

- 300g all-butter puff pastry
- 1 egg, beaten with a pinch of salt
- 2-3 tsp Dijon mustard
- generous handful of grated Gruyère cheese (or farmhouse Cheddar)
- handful of oregano or basil leaves, roughly chopped
- 1 heaped tsp fresh thyme leaves

- 3-4 full-flavoured tomatoes, cored and sliced
- extra virgin olive oil
- salt and pepper

Method:

- 1 Lightly flour your work surface and rolling pin then roll the pastry into a rough circle or square that's 2-3mm thick. Trim the edges and lay it on a baking sheet lined with parchment. Brush all over with a thin layer of beaten egg (retaining the rest for later).
- 2 Spread a thin layer of mustard over the top, stopping short of the edge by about 4cm. Sprinkle the cheese over the mustard, then add the herbs. Lay over tomato slices, slightly overlapping, then

drizzle with a little olive oil and season with salt and pepper.

- 3 Fold the edges over the filling to form a border – there should still be plenty of tomatoes visible. Leave the folds loose rather than squishing them down as this will help the pastry bake through.
- 4 Chill the galette for 20 minutes before you bake it. Heat the oven to 190°C/Gas 5, putting a rack near the bottom. Brush the rest of the egg over the pastry border and bake for around 40 minutes or until the pastry is cooked through and starting to brown. If the tomatoes look in danger of burning, cover them with a piece of foil or baking parchment.
- 5 Let cool for a few minutes then slide onto a serving plate.



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ALL change!

You don't have to limit yourself to just one wedding look...

Your wedding. It may be just one day, but such a lot happens! As well as a formal ceremony, there are photographs to be taken that will last a lifetime, socialising, eating, reconnecting with old friends and family – and maybe even some dancing.

The day doesn't just have different components, it has different moods: serious, frivolous, intense and – yes – emotional, to name just a few. For the bride who wants to feel comfortable and appear just right throughout the day, a multi-look approach to the dress could be just the thing.

Gone are the days when a bride just popped a bolero over her frock to modify her outfit – now it's all about not appearing to wear many different layers. To get the look, you will need an expert – and this is where Vow Bridal

Gallery comes in. Owners Lisa and her team have all the expertise (not to mention the gowns) that you need to make this work: 'It all looks integral and one-piece,' explains Lisa. 'Then you surprise your guests by taking something off' and they don't even realise you could do that!

The examples that Lisa showed us would look gorgeous if they were simply one dress – with the bonus that they are so much more! A sexily demure, Kate Middleton-style dress with lace overlay transforms into a slinky, strapless frock you can party the night away in. And a romantic, frothy and full-skirted lace dress peels away to reveal something altogether more sophisticated and fitted for a sit-down wedding breakfast and reception. Finally,

she showed us a stunning jewelled shoulder piece – part necklace, part cape – that can be worn with any simple gown to create something unique and stunningly beautiful.

Subtle layering is a huge trend right now, and it looks set to continue well into next year and beyond because it offers so much choice, flexibility – and fun! For a consultation with Lisa or a member of the Vow team to talk about layering, get in touch using the details below.



Gowns and jewelled neck piece by Kenneth Winston and Theia.



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WHO'S WHO

Profile: Matthew Rea, Head Professional, Elton Furze Golf Club

Matthew joined Elton Furze Golf Club as Head Professional in June 2016 and lives locally in Rutland. He began his PGA training at Stourbridge Golf Club in the West Midlands, qualifying in 2011. Shortly after graduating Matthew secured a trainee coaching role with David Leadbetter Golf Academies, working first at Reuters Golf and Country Club (home club to European Tour Pro, Bernd Wiesberger) in Bad Tatzmannsdorf, Austria followed by a move to IMG Academy Florida. Matthew has been fortunate to experience thorough grounding in theories and models of participation, player development and performance aspects of golf coaching which can be applied to golfers of all abilities and

GOLFING SUCCESS IS NURTURED THROUGH A MULTI-DIMENSIONAL APPROACH IN WHICH COACHING IS JUST ONE ASPECT

backgrounds. He is committed to providing appropriate coaching instruction across a range of proficiencies and individual needs. Matthew has co-supervised intensive golf camps, organised bespoke events with corporate clients and developed an interest in how mental conditioning facilitates golfing success. Through continued professional development and training Matthew hopes to formulate a deeper and more nuanced understanding of coaching frameworks, adopting more reflective practice in relation to acquiring coaching expertise.

In articulating and shaping his coaching philosophy, Matthew would probably say that his experience at IMG is instructive, alongside his personal values and views. Key to this is recognition that the coach-golfer relationship is collaborative and that golfing success or achievement is nurtured through



a multi-dimensional approach in which coaching is just one aspect; training facilities, mentoring, family and education support, and sport science all contribute to improved performance. Matthew has adopted some of the current thinking on pre-shot routines and non-instructional self-talk that is also similar to strategies employed at IMG. He has begun to implement his coaching philosophy in relation to junior development through a productive relationship with The Golf Foundation and a focus on devising programmes and practice schedules that will provide optimum support to young golfers. Matthew believes that the friendliness and flexibility of Elton Furze

is a winning combination that will allow him to achieve these goals. He considers ease of participation and social aspects crucial in creating a genuinely welcoming and inclusive space and looks forward to continuing this approach in his new role at Elton Furze Golf Club.

Whilst golf coaching remains Matthew's key focus, he has experience of industry roles within retail and marketing, as well as an early stint as a music journalist. When not occupied with golf, Matthew can be found exploring the cycling routes and byways of Rutland or making use of the excellent rail transport links from Peterborough to catch a concert or film.



Elton Furze Golf Club
Bullock Road, Haddon,
Peterborough PE7 3TT

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CHEERS FOR VOLUNTEERS!

Once regarded as an activity mainly for those outside the world of work with a bit of time on their hands, volunteering is becoming increasingly recognised and valued – not only by those eager to give back and gain experience, but by employers and universities too. *The Moment* talked to **Liz Telford**, Volunteer Centre Co-ordinator at Peterborough Council for Voluntary Service

How do you help charities and those who wish to volunteer for them?

Peterborough Council for Voluntary Service was set up over 30 years ago to help local communities and charitable organisations by giving advice on setting up – how to fill in forms for grants, for example. Within that we also cover volunteering. People who want to volunteer come to us and we try to match them up with a volunteering role that we have on our system here, all of which have been sent to us by organisations that require volunteers.

So, a little like a Jobcentre for volunteering?

In a way, yes – but there's no pressure. You get a lot of people who say 'I don't know what I want to do...' which is fair enough! It's part of my job to chat to them, find out a bit more and then suggest different roles that I think would interest them. We give them printouts of all the different roles that we've talked about, and then it's up to the individual whether they contact the organisations.

What kinds of people come to you? Is it pretty broad?

It's very broad! Anybody from 16-year-olds to those in their 80s. Maybe they're retired and want to find something new, or they've got a lot of skills and experiences – perhaps they've been in admin or IT and want to use that in volunteering. We have some people that come to us who maybe have had a mental illness, and they find getting up in the morning difficult. Well, if you're volunteering somewhere then it provides motivation, knowing you have to be at a certain place at a certain time because you have committed to doing that. Also for people who have simply been out of work for a long time and got out of the habit of doing that. Some do it simply because they want to give back to the community. Perhaps they have a relative who lived in sheltered housing, for example, and want to



give something back, so volunteer there.

There's another advantage for people who are looking for jobs or for a change in career. If they go to organisations such as RNIB or the hospital, for example, who do also have paid staff, it means they are there if a paid role comes up. We have had people volunteering who were then taken on as paid staff, so that can happen – being there as a volunteer means you're on the spot, plus they know you, and you know the job, so there is a good chance of you being offered a job if you wanted to go down that route.

Has volunteering changed in those 30 years? It seems much more embedded in the world of work these days...

It is, and Jobcentres use us a lot more now, because they have realised that people have got skills but are not always using them. For keeping those skills up to date volunteering



Peterborough Volunteer Centre

Appointments are held three mornings a week, from 10-12. Here you can talk to an adviser and look at the many and varied opportunities that are available.

Charities and non-profit making organisations advertise their volunteering roles with the Volunteer Centre, which also advertises on its website, in the monthly magazine *MEMO* and on www.Do-it.org.

Peterborough Council for Voluntary Service also runs a Community Development Project where anyone can come for guidance about setting up a charity, non-profit or community organisation.

Volunteer Centre Opening times

Monday to Friday

Telephone service only between 9am-4pm or email to request more information.

Tuesday

Every Tuesday we offer half hour appointments between 9.30am & 12.30pm. All discussions are confidential and take place in a private room, with no pressure for on-the-spot decisions.

Contact:

Liz Telford – Volunteer Centre
Co-ordinator
E: liz.telford@pcvs.co.uk
T: 01733 311016
www.pcvs.co.uk

“ It is so amazing to see people, often from vulnerable backgrounds, who appear to have lost any hope or faith in their abilities to contribute to society in some way, suddenly finding themselves being a part of an effective team, able to utilise their uniqueness to help others in the voluntary sector. And I feel particularly heartened when I see them go on to find employment roles and successful careers that some had never dreamed possible”.

Leonie McCarthy MBE, CEO of PCVS



is a good way to go – or you can learn whole new skills. It also shows that you are committed to an organisation and looks really good on a CV. Also, now, if young people want to go to university or college they are expected to have done a certain amount of volunteering. That goes on their application form. It doesn't have to relate directly to the subject they are going to study at university, just as long as they have done something – because it shows that they are committed.

Is one of the key attractions the flexibility – the fact that you can still volunteer even if you could only offer, say one afternoon a week?

That's absolutely fine – and the charity would be very grateful for that because they would know that for that one afternoon a week you'd be coming in and taking the pressure off them.

And do you have any people in full-time or part-time paid work who also volunteer just because they want to?

Yes! I actually do that myself. Every year between September and March I go to a charity for the homeless once a week in the evening – serve a meal, chat to the homeless people... I'm on a couple of other committees for community-based organisations as well, and I'm not the only one doing that. Our deputy CEO is also a trustee for an organisation called Froglife, so yes, lots of people do it!

Are some of your volunteers highly qualified?

We have one organisation that takes young people who have been excluded from all schools in Peterborough. They've started a



CASE STUDY:

The Salvation Army Good Neighbours Scheme

Being lonely is one of the worst things an older person can experience. For most of us, having friends to talk to and share experiences with is often taken for granted.

The Good Neighbours Scheme offers support with volunteers visiting the elderly 'service users' in their own homes, befriending, providing companionship and helping to bring a bit of the outside world into their homes.

To constantly meet this demand volunteers are urgently needed.

The Salvation Army's Volunteers Development Officer, Colin Wise says: 'We can never have enough befriending volunteers – so perhaps you can help? All it takes is an hour of your time each week to visit an older person in their home for a cup of tea and a chat. Positive mental wellbeing encourages physical wellbeing, all of which can stem from this simple visit. Volunteers often say to me "What we are doing isn't complicated or profound. It's just the little things that make such a difference to people's lives." We offer all volunteers training, on-going support, the opportunity to become part of an enthusiastic team and a role in making a difference to the community.

'If you are 18 or over, committed to the well-being of older people and able to spare an hour or two (daytime or evening) each week, we'd love to hear from you. Volunteers do not need to have any formal qualifications or previous experience.'

Contact:

Colin Wise – Volunteers Development Officer
The Salvation Army
1203 Bourges Boulevard,
Peterborough
E: colin.wise@salvationarmy.org.uk
T: 01733 892013



school where they go and do basic maths, English and so on, but they also teach practical skills – car maintenance, painting and decorating, bricklaying and so on – so they have some skills when they come to look for a job. And they use volunteers who have been teachers, who have had their own building and decorating companies, many highly skilled professionals who have faced redundancy or are looking to try a complete change of career. Our volunteers come from an array of diverse backgrounds and communities.

And what you do is purely for charities and non-profit organisations?

We do have commercial organisations coming to us, but only to help them fulfil their corporate social responsibility. So, they may phone up and say they have a group of employees who want to have a volunteering day, and have we got any organisations who need a group of people to help out – doing gardening, decorating, moving furniture and

“ I only work Tuesday and Thursday but I'm with people and friends with people. I'm useful to people and I really enjoy it. I probably receive more from The Salvation Army doing this than I actually give to them!

– Christine, volunteer





CASE STUDY:

Guide Dogs for the Blind

'The work that we do at Guide Dogs is possible due to the fantastic support of more than 16,000 volunteers across the UK. We simply couldn't survive without their commitment and creativity.'

In 2015, Guide Dogs for the Blind volunteers gave more than 19 million hours to help more people with sight loss get out and about and live life the way they choose, and more than 1,840 people were able to do so because of the regular support of a My Guide volunteer.

Between July 2015 and June 2016 more than 8,000 volunteers supported the guide dog training programme, and in 2015 ensured that around 1,050 puppies successfully went on to early training.

Other volunteering opportunities include fundraising, Community Sighted Guides to help people who are visually impaired to navigate their environment, speakers to tell the stories about Guide Dogs to schools and clubs, drivers to transport our puppies, dogs, people and equipment. In fact, there are over 50 different ways that you can give your time to Guide Dogs!

To find out more about volunteering for Guide Dogs, visit:

www.guidedogs.org.uk/volunteer

E: volunteer@guidedogs.org.uk

T: 0845 371 7771

DO IT!

The Do-It website is a national network where you can search for a volunteering role by location, hours, charity area or specific organisation. It is also provides a free advertising space for organisations seeking volunteers.
www.do-it.org

set a date, then send out a nomination form to all the organisations we have on our database. They can nominate one person per organisation. They fill out a form, send it to us, and then we invite that person, plus a guest, plus somebody from the organisation to the awards evening. We try to make that a really nice evening for everyone to attend. We read out what the organisation says about these people, how they appreciate them – because some people go far beyond what is asked of them – and then award them a certificate, and follow with a buffet so everyone can sit and chat. It's a lovely evening. Many of them are people who would never meet up together, but it gives them a chance to chat and network, listen to other people's stories and experiences – and if you're having a problem within your organisation you can swap ideas. The next one is July 2017, and all you have to do to get an invitation to take part is for your organisation to be registered with us.

This feature been supported by Peterborough-based Perkins Engines Company Limited, one of the world's leading suppliers of off-highway diesel and gas engines.

so on. That's the only time we deal directly with commercial companies. We wouldn't ever send a volunteer to one, for example.

What general advice would you give someone who was thinking of volunteering?

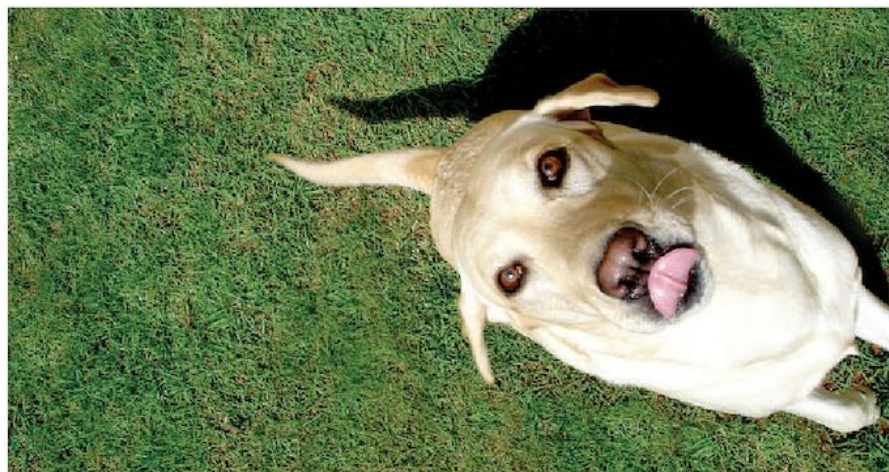
Have a look at what's available on the Do-It website. Also, we have an appointment system here three mornings a week – half hour appointments with me or my colleague. You come in, fill in a simple enquiry form outlining areas and activities you're interested in and we then sit down and go through that with you. So, for somebody interested in volunteering with older people we would give them information on the Salvation Army and the befriending service that they provide. In National Volunteers Week we also try to have a volunteers fair – normally the first week in June – where we get other organisations and go either to Queensgate or Tesco's at Hampton and hand out leaflets. It's a chance for people to chat directly to the various organisations about volunteering and what opportunities they have.

Are the chances of you getting something you want quite high?

Yes, they are! On our computers here we have over 500 volunteering roles within the Peterborough area, and there are always more roles available than there are people to fill them. We get new volunteering opportunities every week.

Tell us about your Volunteer Awards Night...

We want people to make the most of their volunteers, and also let them know that they are appreciated. So, each year we



BLOODWISE

Blood cancer is the fifth most common type of cancer and the third biggest cancer killer in the UK, claiming more lives each year than breast cancer or prostate cancer. Someone is diagnosed with a blood cancer every **14 minutes** – yet there is still very little public awareness or understanding of these diseases.

Bloodwise is the UK's specialist blood cancer charity, funding world class research and offering expert information and support to anyone affected by leukaemia, lymphoma, myeloma and other types of blood cancer. Since 1960, the charity's research has been targeted at understanding more about blood cancer, improving diagnosis and treatment, and running groundbreaking clinical trials to test new life-saving drugs. Bloodwise works to improve the care and treatment patients receive, and to raise awareness of the issues that they face.

Blood cancers can affect anyone, from infants to the elderly. Peterborough resident Emma Paine, 29, was diagnosed with very severe Aplastic Anaemia in 2005 when she was 17 years old, after becoming concerned about extreme bruising on her body. She led a normal life with the condition, achieving a first in mathematics at university and securing a job in her home town of Peterborough until it progressed into myelodysplastic syndrome (MDS) in 2011. MDS is a type of blood cancer in which the production of blood cells by the bone marrow is faulty, and is sometimes referred to as bone marrow failure.

Emma underwent a stem cell

transplant but relapsed in February 2013. She says: 'I got a series of horrible infections which left me in hospital for six weeks. Another six months of chemotherapy again put me into remission and I had never felt so well. I was working full time, got a promotion at work, was going to dance classes and running 10K races and half marathons.'

Last year Emma found out that the MDS had returned and she underwent a second stem cell transplant in January 2016, after having intensive chemotherapy. The procedure was a success but she still needs regular visits to hospital for monitoring and has had to be re-admitted on multiple occasions due to infections and other side effects caused by the transplant. Emma keeps a regular blog about her ongoing treatment to help other patients going through a similar experience.

She says: 'Raising awareness of blood cancer is important. Not only to help early diagnosis but also to help fund treatments. My disease is very rare and also incredibly rare in my age group. Consequently there aren't many treatment options for people in my situation. It would be great to see this change in the future.'

Emma Jones, Regional Manager at

Bloodwise, says: 'Bloodwise exists to support patients like Emma and to also fund research to find better treatments and cures for all blood cancers. It is fantastic that Perkins Engines have supported us this year and have raised so much money to enable us to continue to do just this.'

Emma's father – Jon Paine, who is now retired – used to work in the programme management team at Perkins.

'We know from previous fundraising events in Peterborough, as well as our partnership last year with Queensgate Shopping Centre, that there are many supporters in the area who go to great lengths for the charity. Colleagues at Perkins Engines are really leading the way in the local community and we are grateful for their dedication to improving patients' lives.'

'We are always looking to hear from people who are keen to support our work so if you are interested in fundraising or volunteering in the area, then please do get in touch.'

This feature has been supported by Peterborough-based Perkins Engines Company Limited, one of the world's leading suppliers of off-highway diesel and gas engines.



To find out how to get involved and support Bloodwise in your area please contact Emma Jones on 0121 415 8017, email ejones@bloodwise.org.uk or visit www.bloodwise.org.uk To read more about Emma Paine's blood cancer experience, visit her blog emmafightsmds.wordpress.com

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RECYCLE MORE

Not so long ago we simply sent our waste to landfill and forgot about it. But a combination of **shrinking landfill space, environmental concern** and **cost** has changed our relationship with waste forever. Today nearly half our waste is recycled, yet there's plenty of scope for improvement, as **Ben Vanheems** explains

Do you remember when the removal of household waste consisted of a single collection? Like clockwork we'd place the rubbish out for collection once a week. And every week it would disappear, as if by magic. Few of us gave it a second thought – which was a big problem.

Out of sight is out of mind, and so the total weight of waste we generated grew steadily, year by year. All the while volume of landfill shrunk at an alarming rate. With space at a premium on our crowded island, simply creating new landfill sites wasn't a viable long-term solution, particularly when you consider that some types of waste can take literally thousands of years to break down. Add to this the fact that landfill is a significant source of methane, a potent gas that contributes to climate change, and clearly something had to change.

The solution, of course, was recycling. Diverting waste from landfill had a number of immediate effects. Because waste can be turned into new products – recycled – fewer raw materials are needed to make new things. This not only saves resources, it saves valuable energy and money. Some waste, such as food scraps, can be used to create energy to power our homes and fertiliser to grow the crops that feed us.

By shunning landfill, councils also

BE A STAR RECYCLER!

■ **Sort it out:** Green bins are for recycling only. Nappies should go in your black bin, clothes should go to charity shops or textile banks, while large plastic sheets and heavy metal items should be taken to the household recycling centre in Dogsthorpe.

■ **Rinse it out:** Recycling covered in food can spoil the rest of the load and reduce its value, so make sure you wash and squash food containers before recycling.

■ **Don't forget:** It's easy to overlook recycling from bins dotted around the house. Don't forget to recycle items such as aerosol cans and empty bathroom bleach bottles too.

■ **Old electricals:** Donate unwanted small electrical items to local charity Sense. Kettles, irons, radios and more can all be donated. For details and to arrange a collection visit www.peterborough.gov.uk/residents/rubbish-and-recycling/other-waste-collections

■ **Over load:** Got more recycling than will fit in your green bin? Just put the excess into clear bags and these will be collected too.



WRAP



Broken glass flies along the conveyor belt of a materials recycling facility

WRAP

**PETERBOROUGH'S
HOUSEHOLDS RECYCLE,
COMPOST OR REUSE
AROUND
45%
OF THEIR WASTE**

found they could save money. Sending waste to landfill costs a lot of money. The money saved could be ploughed back into other council frontline services, such as health and social care. And less landfill means dramatic savings in climate change gas emissions, bringing measurable benefits to the wider environment.

Today Peterborough's households recycle, compost or reuse around 45% of their waste, a vast improvement from even a decade ago. But with the highest performing councils achieving a 67% recycling and composting rate, there's still scope for improvement. Recent changes to waste management by the city council are helping to drive forward the changes required to boost recycling rates. And the initial results are promising.

So where does all your waste go? And why should you make the effort to recycle? Let's lift the wheelie bin lid on the council's waste management strategy and find out.

Mixed recycling

Recycling has never been easier. There's no need to sort it – just rinse where appropriate then place straight into your green bin. Plastic packaging, food tins and drinks cans, paper of all types, cardboard, cartons and glass can all be recycled. Since September 2014 it's also been possible to recycle plastic film and carrier bags, leaving very little left to go into your black bin.

Amy Nebel, Recycling Contracts Officer at Peterborough City Council, emphasises

how straightforward recycling should be: 'Having one bin for recycling makes it really very easy. People don't need to over-think things. For example, I often get emails asking what types of plastic packaging can be recycled. The answer's simple: we want all types of plastic packaging, whether it's food packaging including bread and salad bags, film, milk bottles or yoghurt pots.'

Recycling has got a lot simpler since the

council started sending collected recyclables to the state-of-the-art materials recycling facility (MRF) in Waterbeach. The facility opened at the end of 2012 and processes mixed recyclable materials from both households and businesses. The reason recycling can be placed into one bin is down to the facility's remarkable sorting equipment and machines.

Recycling moves through no less than 11 machines, which separate out, material by material, everything from plastics, cardboard, metals and paper.

To witness the process is nothing short of awe-inspiring! After unloading the recycling into a massive tipping hall it is moved along conveyor belts for processing by both machine and hand. The council collects an average of 1,500 tonnes of recycling every month. Around 7-8% of the material collected turns out to be non-recyclables – waste that shouldn't be in the green bins like nappies – so the first job is to remove these items, which if left could damage the machinery.

**Less landfill
means dramatic
savings in
climate change
gas emissions,
bringing benefits
to the wider
environment**



WRAP

Sorting by hand complements sorting by machinery at the materials recycling facility

The recycling is then sorted using a combination of suction systems, magnets and a glass breaker. Optical sorters separate plastic from paper. Magnets remove ferrous metals, while an eddy current separator splits non-ferrous metals from non-metallic items. An advanced system of sensors uses infrared light to separate out the different types of plastics, with targeted air jets blowing each of them onto different conveyors. The machinery is capable of separating out every different type of plastic, from milk containers, clear plastic bottles, coloured plastic bottles, pots, tubs and trays to plastic film. Throughout the process the waste undergoes hand sorting to check for any items that shouldn't be there that may have made it through.

The sorted waste is held in massive storage skips where it's then pressed into bales and sent off for recycling. Paper, cardboard and glass is recycled into new paper, cardboard and glass items. Plastic is reincarnated as new packaging, clothing, pipes and plastic furniture, while metals become anything from new tins to new cars!

Aiming high

About 30% of Peterborough's waste collected from the kerbside is dry mixed recycling (garden and food waste make up the remaining 15%). 'The highest performing councils are achieving around 45% for dry recycling and overall recycling and composting rates of 67% compared to Peterborough's 45% so there is still a lot of work to be done in improving recycling rates,' says Amy. 'The local authorities that are achieving the highest recycling rates have recycling services similar to us, so there's no reason Peterborough can't aim as high.'

A 2014 analysis of the city's waste discovered that residual bins – that's the black bins that contain all the waste that can't be recycled – contained significant levels of plastics (11.9%), paper and card (10.8%), glass (3.4%) and metals (2.2%). Food waste made up a further 28% of residual waste. In other words, more than half of what was in the bins shouldn't have been there! Some progress has been made since, but there is still a long way to go.

One approach to driving up recycling rates is to reward communities for improving their recycling rates. The council is currently running a recycling rewards scheme called Love Peterborough, Love Your Community. The initiative is

IN JUNE ALONE
403
TONNES OF FOOD
WAS COLLECTED



Recycling rates have risen in recent years

designed to encourage people to reduce waste and recycle by issuing green points, which translate to money donated to local charities and community projects.

'We basically look at the statistics to find out which areas are recycling the most,' explains Amy. 'Local residents can log on, create their own account, then earn points for doing environmentally friendly things such as putting their food waste caddy out. The scheme was only launched late last year but is already having the effect of improving recycling rates and getting people more engaged in recycling.'

The first rewards of money donated through the scheme were awarded in spring to three city-wide groups: the Peterborough Food Bank, Inspire Peterborough and The Green Backyard, which received £3,000, £2,000 and £1,000 respectively.

Food recycling

The city's food recycling rate is one area that has seen spectacular improvements during the last few months thanks to a concerted effort by the council to remove all barriers to recycling this type of waste.



Bales of crushed cardboard boxes await collection

Residents received a leaflet reiterating what goes into which bin, removing any confusion, while recyclers now receive free kitchen caddy liners. 'The roll of liners includes a bin hanger to display on your outside grey food caddy when you need a replacement roll,' explains Amy. 'This has helped a lot, as there's no longer any need to go out and buy these liners.'

Food waste recycling has jumped by 23% since the beginning of the year. In June alone 403 tonnes of food was collected, an increase of 140 tonnes on a year earlier. 'We would like to say thank you to everyone for their part in achieving these results. The significant increase we've witnessed is squarely down to people doing the right thing and making the effort to separate their food waste. Please keep it up!' adds Amy.

MONEY AWARDED THROUGH THE LOVE PETERBOROUGH, LOVE YOUR COMMUNITY SCHEME:

PETERBOROUGH
FOOD BANK
£3,000

INSPIRE
PETERBOROUGH
£2,000

THE GREEN
BACKYARD
£1,000

AND THE REST?

So what happens to the waste that isn't recycled? The waste in our black bins no longer goes directly to landfill. Instead it's carted off to a brand new Energy Recovery Facility (ERF). The facility, close to Peterborough Power Station in Fengate, opened in December and will burn up to 85,000 tonnes of waste every year. As it burns the waste it recovers the energy within it, which is then fed into the National Grid.

The power is significant: 7.25 megawatts – enough to power over 15,000 homes, or 15% of the city's houses. The plant is one of the most efficient in the country and will reduce Peterborough's carbon footprint by 10,000 tonnes, contributing to the city's vision as the UK's Environment Capital. It's also boosting the local economy with local supply chain opportunities and tailored engineering apprenticeships designed to support the on-site operations team.

While energy can be extracted from residual waste, Amy is keen to stress that it's still better to recycle what you can: 'It's far more energy efficient to recycle waste than burn it. While the council receives an income from the captured energy, there's far more value in recyclable material. Waste isn't worthless – it's a valuable asset because it can be used again.'

'The same is true of food waste, which goes to a special plant where it is broken down to produce energy and fertiliser. We would get less benefit if this was just burned, plus the carbon saving is far greater by processing it separately.'

Waste to power: The boiler and gas clean-up equipment at the ERF



The Energy Recovery Facility in Fengate



Educating the public

To help educate the public about waste the Energy Recovery Facility in Fengate has just opened an educational room that will help explain the ins and outs of recycling and energy recovery to curious youngsters and community groups. 'Visitors to the facility can go on a journey to see what happens to their household waste and learn about the importance of recycling,' says Amy. 'It's actually quite incredible to peer into the bunker where all the waste is stored before burning. You can see a lot of recycling in amongst it, which really helps to get the message across that it should not be there!'

Viridor, who operates the ERF, and Amey, who collect the waste and run the recycling plant, are working together to promote the education opportunities at the ERF. It is hoped that by encouraging school trips to the facility behaviour change can be driven in the next generation, creating a real force for good.

Like every city across the country, attitudes to waste and what we do with it have come a long way in Peterborough over the past decade. If recycling rates can climb so high, so quickly, then the next ten years can only be greener. 'Residents of Peterborough should feel



Residual waste from Peterborough's black bins in the ERF bunker

very proud of the progress that's been made, but with the right encouragement, we hope to see equal progress in the coming years,' says Amy. 'Keep recycling, because it's making a big difference.'

Waste isn't worthless - it's a valuable asset because it can be used again



Find out more

Learn more about what happens to your waste, the benefits of recycling and where and how to recycle on the Recycle for Cambridgeshire and Peterborough website: www.cambridgeshire.gov.uk/recap

RECYCLE WEEK 2016

This year's week-long celebration of recycling runs from 12-18 September. Join in and help to round up the unusual suspects

As part of Recycle Week's campaign taking place this September, a major hunt is underway for the 'The Unusual Suspects', many of which could be lurking in your home.

You may be familiar with the usual suspects – plastic drinks bottles, food and drinks cans, jam jars, cardboard boxes and newspapers for example. But to become true recycling masterminds, we need to be looking for suspects in the less likely places.

Many of us overlook items such as aerosol cans and toilet roll tubes. The evidence can be found in the rubbish bins. But Peterborough City Council has partnered with Recycle Now to help you spot and seize the unusual suspects in your home and bring them to justice in the recycling bin!

To increase the recycling rate, we want to help you to become in-house detectives. All you need to do is identify the unusual suspects, why they are getting away, and how we can bring more of them into the station – the recycling station. It's become routine to recycle the usual suspects in our

FIND OUT MORE

Amey and Peterborough City Council will be out and about with the community trailer outside the Town Hall on Tuesday 13 September to answer any questions and offer advice on recycling and waste.

kitchens, but some items around the home are escaping the recycling bin and slipping through the net.

Can some items be saved and recycled? Then follow the trail to establish where the act took place. Was it in the bathroom while you were taking a shower? The bedroom when you were getting ready for work or taking the kids to school? Or even the living room while watching TV? Once you've established the scene, look out for the unusual suspects – tissue boxes, shampoo and conditioner bottles, dishwasher tablet boxes and bleach bottles – and you may even be able to use your nose to sniff out specimens such as glass beauty crème pots, perfume and aftershave bottles and deodorant aerosol cans.

The final step is to get some new recruits on the recycling squad in your home and

WRAP

Round up and recycle the 'unusual suspects'



when they spot those unusual suspects, escort them to the recycling bin.

The question on many people's lips is: what's the motive to recycle? Let's examine the facts. Take toothpaste boxes as an example – if everyone in the country recycled one toothpaste box it would save enough energy to run a fridge in more than 2,000 homes for a year. Or, if everyone in the UK recycled one aluminium deodorant aerosol can, enough energy would be saved to run a TV in more than 151,000 homes for a year. If you've still not reached a verdict, then even air freshener aerosol cans make a difference – if just one aluminium air freshener aerosol can is recycled by everyone in the UK, enough energy could be saved to vacuum more than 376,000 homes for a year. Then consider how recycled plastic bottles can transform their identity to the point they are unrecognisable – children's toys, t-shirts, fleeces, garden furniture – the list goes on.

Weigh up the evidence at Recyclenow.com and decide what goes in what bin.

WANTED!

To see the full identity-parade of wanted unusual suspects, visit Recycle Now www.recyclenow.com and find out what can be collected for recycling from your home.



POWER YOUR RIDE WITH AN ELECTRIC BIKE!

Rutland Cycling has launched a dedicated Electric Bike Centre in all stores and online, with over 70 electric bikes now available to buy, demo or hire

Electric bikes have been around since the 1990s, but e-bike technology has come on in leaps and bounds recently – the latest generation of e-bikes are light, quick to charge and have a range of up to 200km on a single charge. Just plug the battery into a normal socket, like your mobile phone, and it's fully charged in three to four hours.

While some used to think an electric bike was cheating, that stigma has evaporated fast as more and more riders discover just how much fun it is to have some turbo boost in your back pocket – conserving more of your time and energy means you can conquer that big hill, take on another lap of the woods, challenge yourself to ride harder and faster and get more riding into your session.

E-bikes are a great way to get everyone involved in cycling, and with the broad range of e-bikes now on the market, there are models to suit everyone from commuters and leisure cyclists, through to mountain bikers looking for that extra boost and excitement on the trails. So if you'd like to ride faster, save money commuting, get a virtual push up the hills, or just have loads more fun out on your regular trails, electric bikes are the way to go!



● Rutland's electric bike range features all the main brands, including Specialized, SCOTT, Giant, Trek, Cube, Raleigh, Haibike, Electra and Ebco. Prices start at £899, or you can hire an electric bike for just £19.99.

● Visit the Peterborough store on Ham Lane, or one of the other nine stores located at: Rutland Water, Grafham Water, Fineshade Wood and Cambridge.



i For more information and to find out more visit: www.rutlandcycling.com or telephone 0330 555 0080.

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FLYING THE FLAG FOR ECO EDUCATION!

The charity **Peterborough Environment City Trust (PECT)** is leading the way nationally with its Eco Framework for schools – embedding knowledge of sustainability issues into classes to inspire the next generation of forward-thinking students. Now Woodston Primary School has won the race to become the first school in the city to be awarded **PECT's** Peterborough Eco Framework flag for its outstanding green credentials!

A new Peterborough Eco Framework flag for schools, inspired by designs from local pupils, was unveiled at the end of 2015. This flag will be flown at schools across the city to celebrate and mark students' environmental achievements and to encourage others to do the same.

As part of PECT's Eco Framework, schools can gain accreditation in each of the 10 environment themes. Certificates will be awarded for each theme, and when a school has achieved five themes they can proudly fly the flag.

Woodston Primary School won the race to receive the first flag in the city for achieving certificates in the themes: Land Use and Wildlife, Sustainable Materials, Sustainable Transport, Zero Carbon, and Zero Waste.

'We are delighted with Woodston Primary School and its pupils' green achievements,' explains Jill Foster, PECT's Environmental Education Manager. 'Some of their key activities included having a

"To be the first school in Peterborough to receive the Peterborough Eco Framework Flag is a big achievement"

new pond installed with a pond dipping platform. They also have a nature area with camp fire, den-making area, bat and bird boxes, plus they grow herbs and vegetables in various beds around the school grounds.'

In addition to this, the school's Eco Team has helped to create a Green Procurement Policy, Anti-Litter Policy,



set-up recycling bins for printer cartridges and also a reusable materials box, which is used for arts and crafts. Regular sustainable travel events and activities are held at the school, such as the Smoothie Bike, Learn to Ride, Stabilisers Off, Bling your Bike and more. The school also has solar thermal panels which help to heat up the hot water, and they measure their energy usage throughout the day.

'To be the first school in Peterborough to receive the Peterborough Eco Framework Flag is a big achievement for us,' explains Gary Eldred, the Eco Coordinator from Woodston Primary School. 'From recycling through to our amazing yurt we are covering various areas of the Eco Framework. Our children thoroughly enjoy learning in our outdoor areas and this plays a big part of 'The Woodston Family' ethos.'



To find out more

For more information about the Peterborough Eco Framework for schools please contact Jill Foster at PECT on 01733 866440 or email [jill.foster@pect.org.uk](mailto:foster@pect.org.uk). For further details about Peterborough Environment City Trust, visit www.pect.org.uk.



PETERBOROUGH ECO EDUCATION AWARDS 2016

Not only was the first Peterborough Eco Framework flag won this summer, but the green achievements of students across the city were celebrated at this year's Peterborough Eco Education Awards (PEEAs), which were held at the Voyager Academy in summer 2016.

The PEEAs, sponsored by Skanska and run by the charity PECT, showcase the excellent Eco Education project work that takes place in Peterborough schools, to share best practice and celebrate green improvements.

In the run-up to the awards, pupils aged 3-18 years developed projects which demonstrated their commitment to the environment. The projects were grouped into Peterborough Eco Framework themes, which comprised categories such as health and happiness, land use and wildlife, and local and sustainable food. The projects were displayed at the event and marked



“Hearing the passion in the students’ voices and the smiles on their faces when they explain what they have been doing is great to see”



by a panel of judges.

‘This is the third year Skanska has sponsored this event along with members of our supply chain and the feedback I continue to receive is that this event is one of the most fulfilling that we all attend,’ explains John Birkenhead, Contracts Manager for Skanska on Peterborough Highways. ‘Hearing the passion in the students’ voices and the smiles on their faces when they explain what they have been doing is great to see. I would also like to thank all the teaching assistants and teachers who support the students in delivering their wonderful projects.’

The pupils and teachers really enjoy celebrating the year's green achievements too. As one teacher said: ‘This is a wonderful opportunity to see what other schools are doing, not just big projects either, but small changes you can do that make a big difference. It's not an onerous task to create a display and the children you take can really champion your projects, on the day and back at school.’

When the pupils were asked how they would describe their day, one summed it up with: ‘Brilliant, can we go again next year please?’

VET'S DIARY |

Peterborough vet Laura Frost experiences the conflicting emotions involved in learning new skills

Have you ever experienced the feeling, when embarking on something new, that lies somewhere between excitement and fear? Maybe, for the sporty readers, it is what you feel on the start line of a race: that fine line between dread and anticipation.

One of the things that attracted me to the veterinary profession was the so called 'life long learning curve' of veterinary medicine. The more I think about it, the more I realise that it is a bottomless pit of knowledge and skills. Having just sat my last written exam in soft tissue surgery, I have refocused my attention of orthopaedics, hoping to acquire the skills to fix fractures and deal with joint surgery over the next few years.

The universe was definitely paying attention. On Monday I expressed this interest to my boss (and talented orthopaedic surgeon of many years experience). Little did I expect not one, but two patients with broken legs to come into the practice over the next few days. So instead of just calling my boss and saying I had a surgery for him, I took some x-rays, got out the text books and made a plan for fixing them. It was like being back at vet school; the nerves while waiting for him to review the images and critique my plan. With a few minor alterations and a lot of help getting all of the equipment ready, we were set for surgery number one.

The first patient was a six-year-old cat that had been hit by a car. The tibia and fibula (shin bones of the hind leg) were both broken. The main fracture was clean through, but there was an additional break higher up that complicated things. We planned to put a metal plate on the main fracture with two to three screws in each end to hold it together while it healed. Because the fibula is so small in the cat it doesn't need to be fixed and will heal as long as the tibia is stabilised.

We exposed the bone at surgery and managed to align the ends. Before I knew it the plate was in the correct position and I had a drill in my hand. I don't mind admitting that I felt a bit sick. I tentatively pressed the button and the drill turned slowly. With some moral support from my boss and the reassurance that I wouldn't do any harm, my confidence grew. Five screws later and the bone felt secure. We took an x-ray to check our progress. My heart



Edward Stojakovic

rate climbed as I waited for the image. It looked great. The feeling of satisfaction going from seeing the leg all bashed up and painful to properly aligned was fantastic. I was so happy I almost forgot that we had another fracture to repair.

As a two surgery team I was glad to hand the other fracture over to my boss who swiftly and skilfully placed a couple of pins before closing the wound and waking up the cat.

Two days later we had a greyhound rushed in with a broken leg. This time it was a front leg – again both bones (the radius and ulna had broken). In this case both bones are important for stability of the leg and both needed a metal plate put in place.

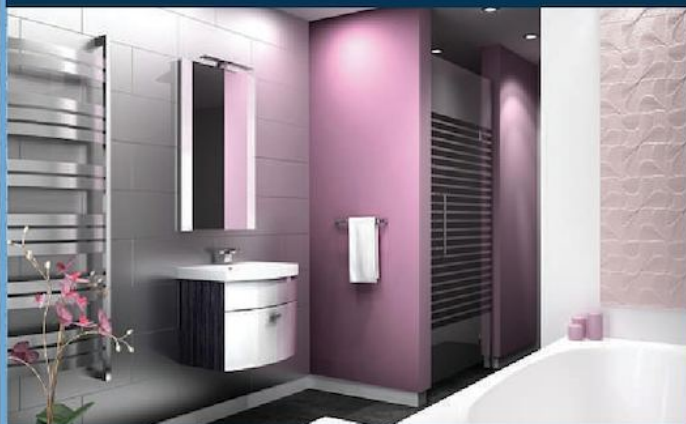
As before, two repairs and two surgeons. This time I didn't feel panic when I had the drill lined up. I knew everything was lined up as needed and I quickly placed the necessary holes for the screws securing the bone. The other plate was placed by the colleague and the leg was restored back to its normal shape.

A satisfying but exhausting week. I am pleased to have learnt a new skill to help my patients when they need it, as well as conquering my apprehension of the power tools – so much so I might start doing DIY at home. Bring on the wonky shelves!



i Laura Frost MRCVS MA VetMB is a vet at local veterinary practice Pengelly and Mizen.
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Please see savings guide for more details

Any additional pets pay £1 less per month

*Nail Clipping only available at point of healthcheck (ie twice per annum).
**Urine test covers Haematocrit but not cytotoxicity or cell deterioration.
*Subject to availability. To be eligible for the cost price food, members must pay for the food prior to the practice ordering it. The food will then be available to collect, provided it is in stock, on the next working day.
If the policy is cancelled before the anniversary of the plan, full payment will be required.
Prices based on average of 120 Nationwide Practices. Any 12-month plan is an estimated amount.



www.pengellyandmizen.co.uk

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Peterborough, Cambridgeshire
PE1 2TR
Tel: 01733 554953

www.hamptonvets.co.uk

Hampton Veterinary Centre
48 Hargate Way Hampton Hargate,
Peterborough, Cambridgeshire
PE7 8DS
Tel: 01733 893990



Pet answers

Don't settle for pet theories, get pet answers! Veterinary surgeon Cees Bennett answers your animal health questions...



My dog is sick in the car and gets very agitated. Is there anything I can do to help?

A: We all want to be able to jump in the car with our dogs and go for a walk somewhere different and having a dog that travels badly is frustrating and limits your ability to travel. Firstly, motion sickness affects dogs just as it does humans and puppies are more sensitive. Signs such as restlessness, salivation, retching and vomiting are common and this experience causes stress and anxiety making subsequent journeys worse. The second cause is fear and anxiety itself. Bad experiences, such as motion sickness when a puppy, add to the fear and this increases the chances of motion sickness.

The key to improving things is to change the way your dog sees the

car. Start with the car switched off and feed treats in it and get your dog used to it as a non-scary experience. Build up slowly to small journeys with lots of positive experiences at the other end such as treats and praise. This can take a long time and you may need to go back to earlier stages. For those animals with true motion sickness there is a medication available from the vet that can stop this and for longer journeys or during the training phase it is well worth considering. When travelling it is also worth remembering to drive carefully and steadily to avoid unnecessary braking and acceleration. Keep the windows slightly open for fresh air and take regular breaks so your dog can get out.

exercise. It is really important that your dog is not overweight as every extra bit puts more stress on the joints. Regular, but not overly arduous, exercise is important to keep mobility and also helps with the weight control. In many cases hydrotherapy can help immensely by building muscle and fitness without damaging joints and I strongly recommend this. Joint supplements are popular and have some evidence to show they can help, although for a dog with confirmed arthritis they would not be enough on their own. There are also adjunctive therapies that have been shown to have some effect ranging from acupuncture to laser therapy and these can be added to a treatment programme on discussion with your vet.

Lastly, there are some conditions that can have possible surgical fixes (such as hip replacement) but these are very specific to individual cases. Early treatment is important and adjustments may be required over time.

Q: With Brexit a reality will my Pet Passport still work?

A: As with many other aspects of our relationship with Europe the Pet Passport scheme will be part of the negotiations. As such there is no clear answer but my thoughts would be that it is very unlikely that the scheme would not continue very much as it is (but don't quote me!).

● Do you have a pet or animal health question? Send it to us at: editor@themomentmagazine.com Cees will endeavour to answer all questions, whether published or not!

Q: My dog has been diagnosed with arthritis and is on some medication but I want to know if there is anything else I can do.

A: Depending on where the arthritis is and the severity the answer can change a little, however there are some common themes. We cannot cure arthritis, only slow the rate of deterioration and control the discomfort. I would expect that your dog is on Non Steroidal Anti-Inflammatory Drugs (NSAIDs) and this should form the basis of treatment; this class of drugs reduces the inflammation in the affected joints and thus the discomfort. There are many different preparations of NSAIDs, and some may suit you better than others for ease of use and effect, but most work best when given continuously and are generally safe to do so.

The second part of arthritis management is weight control and



Cees Bennett BVetMed MRCVS
Veterinary surgeon and Joint
Venture Partner at:
Peterborough Vets4Pets 231-233 St
Paul's Road Peterborough PE1 3RL
Tel: 01733 890777

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Vets4Pets Peterborough 231 - 233 St Pauls Road, Peterborough, PE1 3RL

Call: **01733 890777** or visit: vets4pets.com/peterborough

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*Terms & conditions apply. Please ask in practice for the full range of vaccinations included and for more details.

Vets4Pets
Putting your pet first

REMEMBER, REMEMBER, THE FIFTH OF NOVEMBER...

Humans may love fireworks, but for our pets, bonfire night can be a scary and unpleasant experience. Best Friends Veterinary Group offer expert advice on keeping your pet safe and comfortable during the firework season.

All pets are different, and the way they react to loud or sudden noises can be hard to predict. Some dogs quake with fear and hide under tables when there's thunder, may seem to barely notice it at all.

You need to bear in mind, however, that animals do not always show stress the way you might expect. Just because a dog is not whimpering or barking does not necessarily mean it is happy – excessive panting or yawning can also be a sign of stress in dogs.

It's worth remembering, too, that it's not just about psychological stress. Many pets have hearing that is far more sensitive than that of their human owners, which means that some loud noises can actually cause them physical pain.

If you are in any way unsure – and especially if this is your pet's first year of exposure to fireworks – it's best to err on the side of caution and take all necessary steps to avoid possible trauma or discomfort during the fireworks season.

Dogs and cats

■ Be sure to keep dogs and cats inside when fireworks are being let off – and if your dog

is walked in the evening, walk it earlier in the day before fireworks are likely to start.

■ Close all windows and doors and block off cat flaps – not only to minimise noise, but also to stop pets escaping. Draw the curtains, and if your pet is used to the sound of your TV or radio in the house, switch it on – though not too loud – to help mask some of the noise from outside.

■ Make sure pets are wearing some form of easily readable identification, such as a collar and tag. All dogs should now be fitted with a microchip as a matter of course, but if pets do get scared and manage to run away, a simple, visual means of identification will help them to be reunited with you more quickly.

■ Many dogs and cats will try to hide under something if they do feel frightened, so prepare a 'den' under a bed or table where your pet can feel secure and comfortable. If they do hide somewhere (assuming it is safe for them) don't try to coax them out – it's helping them feel safe – and if they prefer to pace around, whine or meow let them do that.

■ Pets often pick up on the mood of their owners, so it's important that you stay calm and act normally. Give praise to reward calm behaviour and stroke your pet if it helps them to relax.

■ If you can, avoid leaving your pet alone whilst fireworks are being set off. If you do have to leave the house, don't get angry with them if you find they have been destructive or toileted after being left on their own. Shouting at a frightened pet will only make it more stressed.

■ Never tie your dog up outside or leave them in the garden or car while fireworks are being let off, and never take your dog with you to a fireworks display. We may enjoy fireworks, but animals do not.

Small pets

■ Smaller animals such as rabbits, guinea pigs, hamsters, gerbils, mice, ferrets and birds are all easily frightened and need special care.

■ If possible, temporarily move hutches, cages or enclosures indoors, or into a garage or shed.

■ If it cannot be brought inside, turn the hutch/enclosure around to face a wall or fence rather than the open garden.

■ Cover aviaries or hutches with blankets or a duvet to block out the sight and sound of fireworks – but always ensure there is adequate ventilation.

■ Provide extra bedding for your pet to burrow into so it feels safe.

■ The key is to be prepared and plan ahead. Blue Cross recommends that pet owners seek veterinary advice six to 12 weeks before the firework season begins, and in cases where pets are likely to become very distressed we can discuss treatments to calm them or help them sleep through the night.



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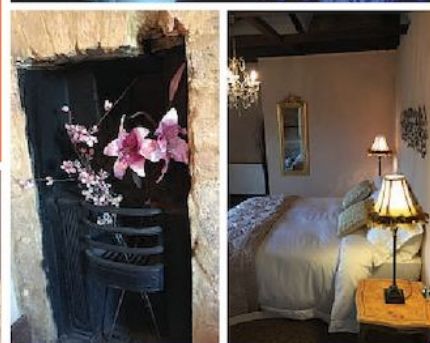
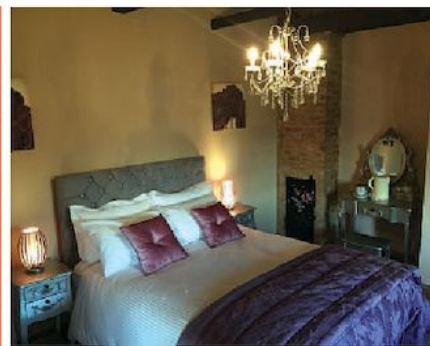
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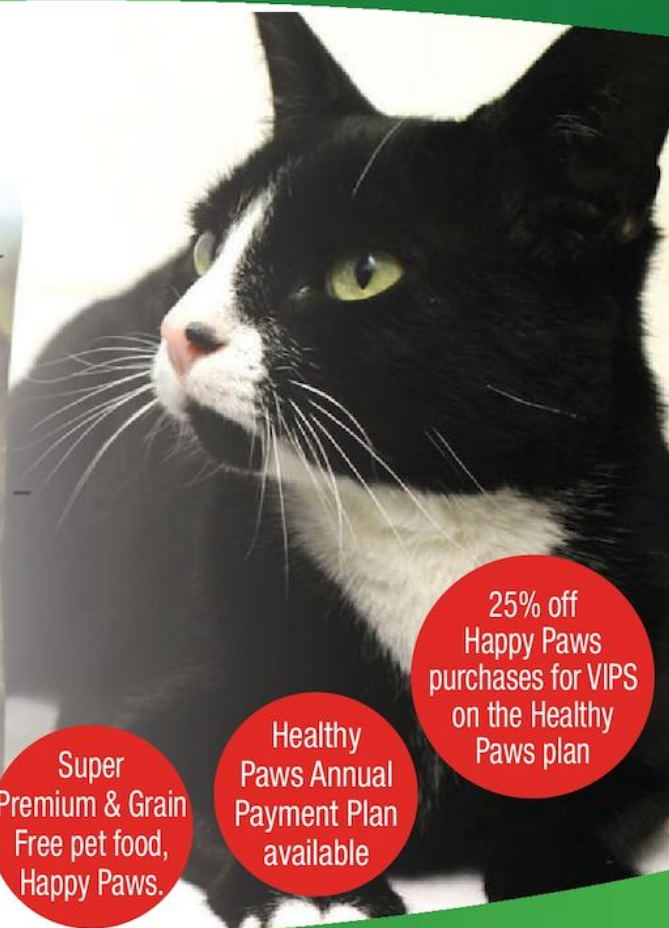
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the business moment

Make a Serious impact

Are you an entrepreneur or potential entrepreneur seeking to make a positive impact for people, planet or place? Does your impact venture need help to get off the ground or to reach the heights you know it could? Good news: a new programme from **Allia Future Business Centre**, Peterborough, called Serious Impact, is offering **FREE** support to help potential entrepreneurs, early stage startups and enterprises to achieve their full potential...

Getting your business idea to fly is a difficult at the best of times – and sustaining growth, scaling your business or simply maintaining a level course can be no less challenging, especially with the added uncertainty of Brexit.

Now, a new programme of support, advice and guidance has been launched in Peterborough to help impact ventures achieve success, whether a pre-start, start-

up or established business and regardless of the business model and structure. It's completely free to access and is run by Allia, an organisation entirely dedicated to creating social impact through enterprise. In fact, since 2013 they have worked with over 400 impact ventures, helped create over 240 jobs and supported ventures to raise over £20M of investment.

Operating from Allia's Future Business Centres in Cambridge and Peterborough,

and backed by £1.7m of investment, the Serious Impact programme will deliver support to inspire entrepreneurship, drive growth and create sustainable ventures in sectors such as AgriTech, SocialTech and CleanTech, which aim to help solve social and environmental problems from climate change to food poverty to the issues faced by our older population.

Caroline Hyde, director of workspace and enterprise support at Allia, says:

Andrea Cockerton - Dowsing Sound Collective

PART - TIME 'FRONT MAN' FULL - TIME PEOPLE GIGGER

“Allia really, really made a huge difference to the business because, in terms of the growth that we needed, they gave us some brilliant ideas about how to grow and how to make the business work. My advisor was objective and gave me some really crystal clear advice, which made a huge difference to the ability to carry on. Often young companies are set up and there is a lot of enthusiasm but even with the best idea and will in the world, you have to have a business that can last without you.”



What is Serious Impact?

Serious Impact is a new programme from Allia for impact ventures and entrepreneurs.

Serious Impact provides free support to help potential entrepreneurs, early stage startups and enterprises to create and scale solutions that make a positive impact for people, planet or place.

Who is it for?

It's for Impact Ventures and Impact Entrepreneurs, in other words, individuals and organisations seeking to make a positive impact for people, planet or place.

You could be a potential entrepreneur with a brilliant idea but unsure how to turn it into a business. Or a startup with a financially sustainable business model needing help to launch it. Or an established business delivering both impact and profit, but looking to scale.

The range of free programmes support and energise entrepreneurs and ventures in the following key sectors:

- Social
- Tech for Good
- Cleantech
- Education
- Agritech
- Health and Wellbeing
- Smart cities and the Internet of Things

What do you do?

Once you've been assessed by a business advisor your journey can begin at any level:

- **Workshops**
1 day sessions help you discover your purpose and devise impact business ideas
- **Startup**
60 day part-time programme to develop business ideas and test with potential customers
- **Accelerate**
3 months support to help great teams with new ideas to build and launch
- **Incubate**
9 months incubation programme combining quality mentoring and free workspace
- **Innovate**
Design, prototype and test in the Future Business Centre's state-of-the-art Innovation Lab in Peterborough

Find out more:
www.seriousimpact.co.uk
T: 0845 4562431

About Allia

Allia creates social impact through enterprise. It does this by providing access to finance, workspace and practical support to social and environmental businesses and charities, and by stimulating new ideas and collaborations among organisations that aim to address social challenges.

www.allia.org.uk

About Future Business Centres

Allia's Future Business Centres provide space, mentoring, skills-training and entrepreneurial inspiration for start-ups, early stage businesses and future business leaders who want to make a positive impact. There are currently Future Business Centres in Cambridge and Peterborough. Allia supports ventures that create social and/or environmental impact. Since 2013, 400 social ventures have been supported leading to the creation of 240 new jobs.

www.futurebusinesscentre.co.uk



The Serious Impact Team. Left to right: David Broach, ERDF Programme Co-ordinator; Paul Hughes, Head of Venture Development; Caroline Hyde, Director of Workspace & Enterprise

'Entrepreneurs flourish in times of uncertainty and change. This is because people are more open to new ideas, technologies and ways of working than they are when the economy is stable. We also believe it is possible for local impact ventures to create positives out of the negatives. Serious Impact will help entrepreneurs to understand and prepare for all of the challenges and opportunities of running successful ventures, including those that will arise out of Brexit.'

Since 2013 Allia has supported 400 potential entrepreneurs, start-ups and early stage social and environmental impact ventures, which in turn have created 240 new jobs. Many of these ventures are flourishing; winning awards and investment whilst also creating the impact they intended.

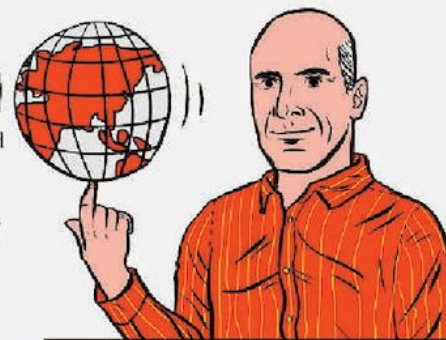
However, impact entrepreneurs also face the same sort of challenges as other start-ups and early-stage businesses, such as how to generate revenue, how to protect ideas and how to make the organisation sustainable.

Caroline Hyde adds: 'Serious Impact is the evolution of Allia's combined experience and knowledge to date, and

represents a significant opportunity for impact ventures to access the support needed to achieve long-term success and sustainability. We are really excited to be launching this new programme of support and we look forward to working with many more entrepreneurs across the region.'

Neil Darwin, chief executive of the Greater Cambridge Greater Peterborough LEP, says:

'Allia's Future Business Centres in Cambridge and Peterborough are already contributing a great deal to our local area by helping social and environmental ventures address the challenges they face. The high-quality free advice and more offered via the Serious Impact programme means that local entrepreneurs will be equipped to cope with the issues or changes that Brexit will throw at them, whatever they may be.'



Patrick Guyver - AGRIinsight

PART - TIME GLOBE
TROTTER FULL -
TIME AGRI -
LANDSCAPE MAPPER

“Finding relevant funding is difficult. But with Allia comes a business advisor to provide guidance on what we should be doing and not doing. For expectations of potential funders, showing that you have a pipeline reduces their risk in investing in you. When they are on board and contracts signed it will be much easier to secure additional funding on the market, which is our target for the next six months. It's a very supportive environment. We have also made great contacts.”



Come to free Meet and Greet sessions

There are regular free meet and greet sessions held at Allia Future Business Centre in Peterborough. It's an informal opportunity for potential and established entrepreneurs and founders to get an insight into the free range of support available to them from Serious Impact.

Come along on

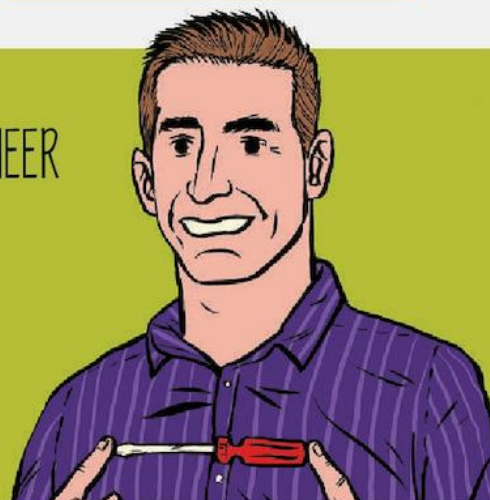
- Sept 6: 10.30 - 12.30
- Sept 20: 10.30 - 12.30
- Oct 4: 10.30 - 12.30
- Oct 18: 10.30 - 12.30

To book your free space visit: www.seriousimpact.co.uk/meet

Marko Cosic - COHEAT

PART - TIME TINKERER, FULL TIME CLIMATE ENGINEER

“Allia's programmes are designed for growing a business from bedroom to boardroom. Allia asks what your vision is and works with you to make sure you can keep delivering it. The company is designed with sustainability in mind. As well as providing practical assistance, Allia regularly brings in experts for seminars on things like R&D, tax credits, employment law and VAT. That is very helpful and much needed. The team is also really friendly; they don't bite and are very patient, even if you have an occasional completely daft idea.”



Peterborough STEM Festival

A one-day, free to attend festival to engage, inspire, and develop young people – especially girls – into becoming tomorrow's **Science, Technology, Engineering, and Maths** innovators.

Who is behind the event?

Peterborough STEM festival was conceived by the organisers of Digital People in Peterborough (DPiP), a non-profit community group working to enable collaborative knowledge sharing and engagement through digital technology.

The festival was inspired by Ada Lovelace Day (ALD). This international day of celebration helps people learn about the achievements of women in STEM, inspiring others and creating new role models for young and old alike. Events are held worldwide.

Why have a STEM festival?

Cambridge Science Festival runs for two weeks during March and each year, the festival welcomes visitors to hundreds of events and receives extensive national and local media coverage. Over 170 event coordinators organise talks, interactive demonstrations, hands-on activities, film showings and debates.

In South Lincolnshire, inspired by the genius of Sir Isaac Newton, Gravity Fields is a five-day festival with audiences of around 60,000 for outdoor events, shows and exhibitions over the five days – with 15,000 for Saturday's transformation of the Grantham alone.

Peterborough has officially been declared a Gigabit City with access to some of the fastest internet connectivity in the world. As a Gigabit City, Peterborough has a significant competitive advantage over other areas and can lead the way with an



Photo: Leah Bonfield

innovative digital and technological advances.

A festival encourages visitors to explore STEM by bringing out the natural curiosity and passion for learning that is shared by all.

Who is the STEM festival for?

The festival is designed for school aged children, students in higher education (especially girls), parents, educators, communicators and

anyone with an interest in STEM.

- Over 500* visitors who live in and around Peterborough are anticipated on the main event day.
- The festival will allow attendees to engage in STEM learning in a playful, interesting festival context.
- The festival will put young girls, children, and adults in direct contact with women STEM experts to make the applied nature of these disciplines more relatable.
- The festival will place STEM learning in a context that is relevant to the use in our daily lives as consumers, professionals and citizens, compelling visitors to understand the significance of STEM skills now and in the future.

*Numbers based on indoor-only event.

Contact:

Tia Lush @whoatemycrayons
Andy Reedman @andyreedman
Jonathan Frascella @joffff
E: team@peterboroughstemfestival.co.uk
For FREE tickets, please visit
 peterboroughstemfestival.co.uk

Organised in partnership with:

- The community and schools – via Peterborough City Council
- Schools/Students/Teachers – via Skills Service (careers)

Main workshops

STEMettes

Half day Workshop hosted by STEMettes – non profit organisation

Meet the Panel – short informal talks 'journey into STEM' geared towards students and children. 5-7 women role models and 1 mystery man!

Competitions – engaging participants with interactive tasks and challenges. Age specific competitions and prizes.

Networking – all participants have an opportunity to meet and chat with each other and the panel of experts.

Makeathon

The remit is to: learn new things, build cool stuff, and meet other developers!

Cross-functional. This is not just for the IT crowd. Open to all ages, it brings together people from across all disciplines to encourage different ways of working a problem. Participants will include coders, designers, musicians and storytellers. Working on broad STEM themes and topics it will ask participants to solve a problem or challenge with an STEM/sustainability twist.

Coding and Hacks

Teaching children how to harness the power of technology by understanding how it works from the inside with HackLab

HackLab is a creative learning environment where children aged 8-16 are encouraged to embrace their inner hacker; by stepping through the looking glass and taking charge of technology through open ended projects utilising industry leading technologies.

- Higher education and graduates – via University Centre Peterborough
- Business network – via Opportunity Peterborough
- Peterborough's leisure and culture division – via Vivacity
- The digital community – via DPiP

Key dates

- **Saturday 1 Oct**
Main festival event day at Allia Future Business Centre
- **Wednesday 5 Oct**
Ada Lovelace Lecture at University Centre Peterborough
DPiP Women in STEM Debate Evening with ALD Founder Suw Charman-Anderson
- **Tuesday 11 October**
Ada Lovelace Day

Plans in place

Would you really want to work with, or for, your mother-in-law? **Robin Bates** of Bulley Davey Wealth Management considers how you could unwittingly end up doing so!

Life as an accountant is never dull. In contrast to popular perceptions, it's not just about the numbers, but also helping to solve people's problems.

A young, unmarried couple recently visited us looking to start up their first business together. We soon discovered neither of them had a Will or had investigated putting agreements in place should one of them pass away. Of course, planning for their own or their partners' death probably wasn't their highest priority. However, it can be very important when entering into a business arrangement. Surprisingly, it didn't seem to concern them... until I asked them 'would you like to go into business with your mother-in-law?'

The mother-in-law caricature is infamous for being interfering and annoying – not the best personality to go into business with! While I am sure that this is far from reality, it does get people to really think about succession and inheritance planning for their business.

Let's look at the facts. If a company's Articles of Association document doesn't stipulate what should happen on the death of a director or shareholder, then the shares of the company will pass under the terms of their Will. If a person passes away and has not left a valid Will their estate will be shared out according to our government's rules of intestacy. Under these rules, only married or civil partners and some other close relatives can inherit the estate. Where the person is not married and does not have any descendants their next-of-kin is deemed to be their parents.

As the young couple weren't married and had no children the whole of their estate would be shared between their parents if they died, including their company shares. This means that the surviving partner could potentially become business partners with their

parents-in-law, whether they wanted to or not. Or, if the deceased partner had the majority share, the parents would effectively become the boss of the surviving owner!

Of course, even if a business partner does have a Will, he/she may have left their estate to their partner, children, relatives or friends, which means that the survivor can still end up with an unwanted business partner or boss.

It is, therefore, probably in the owners' interest to investigate taking steps to protect their businesses. As they were forming a limited company, the young couple's constitutional document, known as the Articles of Association, was fairly basic and hadn't stipulated what should happen if one of the directors/shareholders passed away. This document supersedes a Will and can ensure that all directors or shareholders are treated equally – this is particularly helpful in a business with multiple directors.

The Articles of Association or Shareholders Agreement can be drafted to address what will happen in the event of the death of one of the shareholders/directors. The usual method is the system of a "put

Top tips

1. Speak to your accountant and financial adviser about reviewing your Articles of Association and Shareholders Agreements.
2. Ensure agreements are put in place to protect your business. Make sure they are checked by your accountant so you don't end up with a high tax bill!
3. Review these agreements regularly with your accountant to make sure they are fit for purpose.
4. Make sure you have a Will in place to ensure your estate is left to the right people.

and call option" but not a contract for sale, which would impinge on inheritance tax relief on the value of the shares. The beneficiaries of the deceased and the surviving owner can therefore call in these options to effect a transfer at value.

The business or other shareholders/directors may need to put in place measures to cover the cost of buying these shares, such as a life policy or bank loan. These should be discussed with your accountant or independent financial adviser who works closely with your accountant. After these arrangements have been put in place, they will need to be reviewed regularly to make sure they are still fit for purpose and reflect an increasing value of the business. Working with us, our chartered financial planners and our legal partners, we are now working with the young couple to put these in place and we are advising on maximising other areas of their business.

Death isn't a topic anyone wants to consider, but when it comes to business it is important to make sure everything is set up to deal with all possible eventualities... unless you really do want to end up working with or for your mother-in-law!



Robin Bates



Bulley Davey

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Fletton rising

The bulldozers moved in for the first demolition work to make way for the new Fletton Quays site earlier this summer. The removal of Aqua House opened the gateway for the **£120 million** regeneration development in Peterborough city's centre. Now, with Bride Hall Development's office scheme granted full planning consent and Weston Homes having submitting their detailed plan for the site's residential phase, the main build of the Peterborough Investment Partnership development will soon be underway.

If you make your way over Peterborough's Town Bridge you will have noticed the disappearance of Aqua House.

The building, on the corner of East Station Road close to the River Nene, was knocked down earlier in the year to mark the start of work for the Fletton Quays development on Peterborough's South Bank.

Fletton Quays is being taken forward by the Peterborough Investment Partnership (PIP), set up by Peterborough City Council and the Lucent Strategic Land Fund in January 2015 to take forward a number of city sites. The vision for Fletton Quays has been to create a bustling riverside community of office, hotel and residential uses.

High quality apartments, a hotel, offices and bars are all proposed for this riverside build. Bricks and concrete from the Aqua House building will be reused where possible in construction works for Fletton Quays.

Plans have continued apace this year with Weston Homes recently submitting a reserved matters planning application for the residential phase that will deliver 280 high quality city centre apartments.

Councillor John Holdich, Chair of the Peterborough Investment Partnership, said: 'It is fantastic news that Weston Homes has submitted their plans and are keen to start the regeneration of this key component of Fletton Quays.'

'The application is another positive announcement for Peterborough and shows the level of confidence in our city as it continues to grow.'



This confidence shown by Weston Homes, working with Peterborough Investment Partnership, is another indication of the investment in Peterborough's city centre with a number of new restaurants and bars opening up in recent months.

Weston Homes is no stranger to activity in the city. The company is transforming an area of land made vacant by the demolition of Peterborough District Hospital on Thorpe Road into high quality houses and apartments. Launched in June, the 63 homes include a mixture of new build and newly renovated properties.

Bob Weston, the company's Chairman, said, 'Weston Homes are excited by how the plans are taking shape for Fletton Quays and we're delighted to continue our support for the city. We hope to be on site before the end of 2016.'

Peterborough City Council also this year approved a proposal to relocate staff to new office premises on Fletton Quays.

Under the plans, the city council would lease out both Bayard Place and the non-civic areas of the Town Hall for commercial

use. The civic areas of the Town Hall, including the Council Chamber, would be retained and used as present.

The proposal is set to generate the council additional income of £7.6million over the coming years, which will help to protect services.

Peterborough Investment Partnership's plans for Fletton Quays also include the refurbishment of the existing listed rail buildings, providing a link to the heritage of the site whilst also looking to meet the community's present and future needs.

The overall intention of the development is to support the city's thriving, diverse population, and the vibrant new spaces created in Fletton Quays will be aided by the inclusion of new cycle and pedestrian links. The site's mix of office, retail and leisure accommodation will also create new jobs.

Fletton Quays will complement the overall city centre growth which includes new restaurants like Côte and Wagamama as well as independent bars to enjoy a drink including The Bumble Inn and The Stoneworks Bar.

Overview of the Fletton Quays site

Norr



For more information, visit the Peterborough Investment Partnership website: www.peterboroughinvestmentpartnership.com

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Digital revolution

A brave new world is afoot as the tax system prepares to become fully digital. Rawlinsons Partner **Julie Bloodworth** outlines what we can expect and how to embrace the coming changes

Whether it's online gaming, food shopping, advertising or socialising, everything we now do is made

'simpler' through the digital world. Even HMRC is on board, making tax digital.

HMRC plans to move to a fully digital tax system by 2020. This, they say, will make keeping up to date with our tax affairs easier. Like it or not, this is the world we live in. Rather than fight it, it's far better be prepared and embrace the change.

Coming changes

Bearing in mind most people and businesses already file their tax and VAT returns online, you may be wondering what exactly these changes are? As the tax man would say, the plan is simple!

● In March 2015 the Chancellor set out his plan for the following five years. At

Help is at hand

At Rawlinsons we want to help our clients manage these changes and we are already telling them what to expect. In addition we have recently launched Rawlinsons Connect, an online accounting service that leverages modern technology to help deliver expert business support.

The benefits of online accounting include:

● 24/7 access to up-to-date financial information and reports from any device with an internet connection – even a smartphone or tablet.

● Up-to-date information to help us and our clients manage their businesses better.

● Automatic processing, with bank information feeding directly into the accounting software to bring lower costs and greater efficiencies.

● Apps to make record keeping simpler. For example, photos of invoices which can be imported into the accounting software.

● Intuitive software which recognises transactions and suggests appropriate entries to save manual input.

With Rawlinsons Connect, we can deliver an even more valuable service to our clients because we can monitor their records and give them pointers throughout the year. It will also mean that clients who are using this software will find it easier to deal with the increasing number of deadlines created as a result of HMRC's digital tax plans.

WHILE HMRC CLAIMS THAT THESE CHANGES WILL MAKE LIFE SIMPLER, THERE HAS BEEN A LOT OF CRITICISM REGARDING THE ADDITIONAL COSTS THEY WILL CREATE

the end of this period the Self-Assessment tax return will no longer exist.

● During 2016 every tax payer will be issued with their own digital tax account.

● From 2018 most businesses, including the self-employed and landlords, will have to start updating HMRC ever quarter. From this year onwards HMRC will begin to pre-populate income tax, National Insurance and digital tax accounts with information it receives direct from third parties, for example bank interest.

● Then from April 2019 Capital Gains Tax not covered by Principal Private Residence Relief will have to be paid within 30 days of the disposal of a residential property.

● By 2020 companies will need to update HMRC quarterly on Corporation Tax while the full range of HMRC services should be made available through digital tax accounts.

While HMRC claims that these changes will make life simpler, there has been a lot of criticism regarding the additional costs they will create, particularly for small businesses that will need to update software and commit the time to report not once but four times a year. HMRC has already postponed some of the consultations that were due to be released in relation to this project, so whether the current proposed timeline will be kept to remains to be seen.



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Not working 9 till 5

The standard nine-to-five day is a thing of the past. Flexible working is transforming the way we organise our week while contributing to that all-important work-life balance, as **Gemma Rogers**, Audit Senior at Moore Stephens accountants explains

It's a myth that only parents and carers can request flexible working. In fact, anyone who's worked for a company for more than 26 weeks must have their request reasonably considered.

There are significant benefits to flexible working for both the business and the employee. For the company it can mean happier workers and reduced staff turnover. For the employee it means a better work-life balance and there may also be financial benefits such as childcare savings or reduced travel costs.

Flexible working does not simply cover fewer or variable working hours;

there are options to suit individual circumstances.

● **Part time hours:** The number of working hours is reduced; either working fewer days or fewer hours per day (e.g. to fit in with school hours or term times).

● **Flexitime:** Subject to certain core hours that must be worked, the employee can determine their starting and finishing hours to fit with other commitments.

● **Modified working hours:** Full time hours can be modified to fit into fewer days in a week; an employee can be required to work a certain number of hours in the month/year but has flexibility over how to do so.

● **Working from home:**

Home working is becoming more commonplace with employees logging on from the comfort of their home office.

● **Job sharing:** Working hours for a particular role are split between multiple employees.

● **Phased retirement:** By cutting down the hours worked up to retirement the employee benefits from a steady transition whilst passing on their knowledge and expertise to their successors.

At Moore Stephens, we offer a multitude of flexible working arrangements to suit everyone. Our office hours are flexible so the early bird can be at work by 7am and miss the evening rush hour whilst those of us who are less spritely of a morning can arrive at 9.30am with our black coffee and breakfast on the go!

Many staff with children work part time or enjoy compressed hours to enable them to enjoy family time and save on childcare costs in the week.

Laptops and remote access mean we can log in from home either on a regular, contracted basis or when we need to be at home to look after a sick child or accept delivery of a fridge!

Some of our older staff members are enjoying phased retirement, cutting down on weekly hours to ease them into the good life before they retire completely and go "SKIing" (Spending the Kids' Inheritance!).

For me, returning to work after maternity leave was an easier transition with part-time hours. I thrive by being able to spend time with my family and be successful in my career. It is a difficult balancing act to juggle both spreadsheets and nappies but flexible working has given me access to the most precious of all resources: time!

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Gemma Rogers



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How sound are your commercial contracts?

As business people we all appreciate the importance of commercial contracts. Having won a new client it's crucial that your terms of business, and theirs, accurately reflects the deal that you have agreed

The reality is that contracts are the cornerstone of all business and cover every transactional relationship – whether they are in writing or not. The purpose is to set the expectations for both parties and, should a dispute arise, set out how it should be resolved. Unfortunately the terms of a contract are often only examined once parties are in dispute, when it is too late to do anything about it. You can expect little sympathy from the courts if you do not comply with your own contract.

If you are working in a business to consumer environment you need to ensure your business operations and contracts comply with the relevant law and regulation. This article focuses on business to business contracts, though the underlying principles still apply.

A good contract will set out the key points of 'who, what, where, when and how'. Who is providing what to whom? Where will the services be provided/goods be delivered, in what timescales and how will they be delivered?

The next issue to consider is the price. How much is being paid and by when? What are the agreed payment methods and terms and, more importantly, what are the consequences



does it get resolved?

One crucial aspect to consider is liability. From a supplier's point of view you will want to limit your liability as much as possible and protect your business from open-ended damages. The courts take a fairly strict approach to limitations of liability – they need to be reasonable and fit the circumstances of each contract. Therefore, simply copying somebody else's terms and conditions could render a limitation of liability ineffective. If a judge finds the limitation of liability unreasonable, he/she will simply strike it out, leaving no contractual limitation whatsoever.

If your business faced a substantial claim would your contract offer you

{ THE REALITY IS THAT CONTRACTS ARE THE CORNERSTONE OF ALL BUSINESS }

of non-payment? For example, if your interim invoices are left unpaid you will probably want to suspend delivery of any further products or services. However, you could find yourself in breach of contract if you do not have the ability to suspend service as a term of your contract. In contract law, two wrongs do not make a right.

You should also consider the standards to which services will be provided or the quality of the goods that are being delivered. Are any warranties being offered? If a customer has a concern how will they raise it with you and how

sufficient protection? In a recent £650m claim against a company providing office and conference facilities the court found that their limitation of liability of just £50,000 was reasonable and would apply – a good example of how sound contractual terms and conditions can protect a business.

Never assume that all contracts are standard. Check your contracts carefully and make sure that they reflect what you are intending to supply or expecting to receive and above all offer you adequate protection.



Get in touch

Andrew Heeler is an accomplished corporate lawyer and partner at Hegarty LLP Solicitors. As head of the Company Department Andrew can advise on all aspects of Corporate Law from acquisition, mergers and disposals, shareholder and partnership agreements, group restructures to IP and data protection. To discuss an aspect of your business please call Andrew on 01733 295 661 or email heeler@hegarty.co.uk www.hegarty.co.uk



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Testimonials

It was lovely to find a publication who helped us get to our customers at a crucial time. The magazine has excellent editorials because they use professional writers and photographers – such high quality for a local magazine. Because of that people actually read it! Thank you *The Moment* magazine for providing a great stage for us to perform on!

Lisa & Dave, Vow Bridal Gallery, Wansford

Working with *The Moment* magazine over the last couple of years has been a real pleasure! Each new issue reveals Peterborough to be a vibrant city with a fantastic cultural offer. We are delighted to feature regularly in their editorial and their support has without doubt increased our profile and helped us sell out several major concerts this year!

Claire Hailey, Peterborough Sings!

What a refreshing outlook *The Moment* team have! The team were an absolute delight to work with right from the start. We were going through a rebranding which made

grasping the concept of our business slightly tricky, but the writer completely understood the message we wished to convey, after only a ten minute conversation. The piece they wrote was without doubt far superior to other editorials by local publications, making a very good read and generating some very positive feedback and custom. A total joy to work with!

Becca Brown, Robinsons of Stamford

The Moment magazine is a highly visible publication that closely matches our target demographic. The magazine's coverage of regional heritage was reason enough for us to get involved. However, a trust like ours relies on commercial revenue. We feel the coverage and exposure we have within the publication and via their website – and the twitter activity undertaken by them – certainly helps to attract new and repeat visitors. When considering cost and coverage, we feel we get a great return on investment.

**Megan Allen
Marketing, communications and events executive
The William Scott Abbott Trust, Sacrewell**

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Course prices start from as little as £17 per two-hour session and each of the main courses are held in The Old School in Farcet, Peterborough by a very experienced photographer and trainer – Richard Houghton. The courses are very interactive and involve lots of participation and fun! You will be learning much more about what you can achieve with your camera,

how to make the right adjustments to the camera and the composition for a much more satisfying picture, and experiencing the pleasure derived from actually 'Capturing the moment!'

The courses will provide ample opportunity to ask questions and there will also be 'homework' for each attendee to complete prior to the next meeting, and whilst not onerous it is designed to help try out topics learnt during the day's session to reinforce understanding and application.

To further extend the photography skills of participants and to benefit from Richard's extensive photography skills and experience, additional photo training courses include; Wedding Photography Skills, Video Production Skills, Portrait & Studio Lighting plus Weekend Photography



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For anyone who needs more specific training or simply can't make the course dates one-on-one sessions are also available – tailored specifically to your own needs/wants.



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A WORLD OF THEATRE ON YOUR DOORSTEP

Theatre companies, community groups, and local audiences are invited to take part in **Platform 8**, a new programme of performances, workshops and events in Peterborough – the result of a three-year partnership with local company, **Jumped Up Theatre** and London's **Battersea Arts Centre**.

Jumped Up has been chosen to be one of the new partners on the successful 'Collaborative Touring Network' (CTN), which has been running since 2014, and is led by the award-winning Battersea Arts Centre (BAC). The network also includes Hull, Wigan, Medway, Darlington, Thanet, Gloucester and Torbay.

Platform 8 will bring BAC and homegrown performances, events and workshops to Peterborough's doorstep, popping up in venues across the city, presenting a mix of established and new theatre companies, and opportunities for homegrown projects to present their own work under the award-winning Battersea Arts Centre name. Season One of Platform 8 runs 3-7 November 2016.

Denmarked by hip-hop artist and director of Battersea's Beat Academy, Conrad Murray, will be at Peterborough Regional College on Thursday 3 November; and *Radius* upstairs at The *Solstice* on Friday 4 November.

About Jumped Up Theatre

Jumped Up Theatre has produced events in Peterborough since 2006, including *House*, for Peterborough Arts Festival, and *A Workhouse Christmas* at The Old Still and Peterborough Museum, in addition Kate Hall directed *Our Nobby* for Eastern Angles and was the Arts Programme Manager for Vivacity from 2012-2015. Kate has also worked for the Royal Shakespeare Company, English Touring Theatre and Manchester Royal Exchange.

To find out more email talk@jumpeduptheatre.com or sign up at the Jumped Up Theatre website or on social media (Twitter and Facebook.)

The Collaborative Touring Network programme is funded by grants from the Arts Council England, Garfield Weston Foundation and Unlimited Impact.

Leeds-based Lung, who were a hit in Edinburgh this summer, present *E15*, a lively and stirring verbatim show that charts how a group of women led a campaign in 2014 for affordable housing in Newham East London. *E15* will be at The Key Theatre on Sunday 6 November and Paston Park Farm Community Centre on Monday 7th November.

Can I Help You? a fun and interactive street-theatre piece by Rhinannon Armstrong will be in the city-centre on Saturday 5 November, and our homegrown theatre-makers are being commissioned to create *Stories of Smoke & Mirrors*, a walkabout, city-centre event for families on bonfire night.

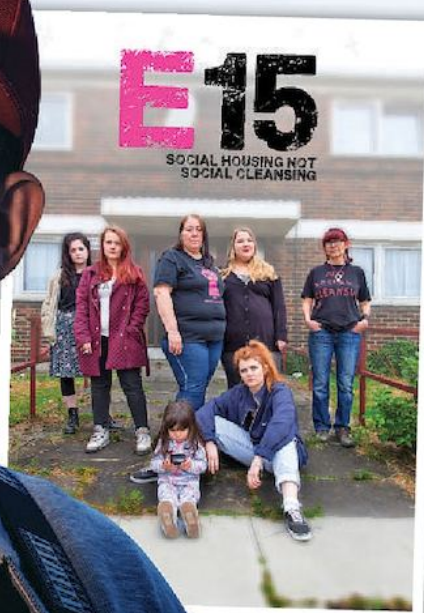
Between 3rd-6th November, Rhinannon Armstrong will be bringing her emotional and sensitive digital installation *The International Archive of Things Left Unsaid* to Bewitched Coffee, Queensgate Shopping Centre, Peterborough Rail Station, and the Key Theatre.

More information about Platform 8 shows, workshops and events, and how to book is on www.jumpeduptheatre.com.

Future seasons will include showcase events for local theatre companies and award-winning touring shows from the Edinburgh Festival.

“It is very exciting that in the face of fierce competition Jumped Up could secure this programme for Peterborough – and building on many years of experience and great local and national relationships I want Platform 8 to bring the city's theatre community together, to celebrate our work and to show local audiences what is on offer, and to give Peterborough audiences a taste of exciting contemporary theatre which feels exciting and relevant to our own lives.”

Kate Hall, Director of Jumped Up Theatre



G2: DEFINITIVE GENESIS

There are many great tribute acts around, but recreating the golden age of one of the world's most revered prog rock bands takes a special kind of dedication. That is the mission of G2, whose **2016-2017** tour hits the Key Theatre – complete with spectacular light show – on **21 October**. Showcasing Genesis from across the 70s, including the Seconds Out era and the early Gabriel years, they are so close to the originals that one fan commented 'you couldn't get a fag paper between them...'

Toby Venables talked to **G2** keyboard player **Piers de Lavison**.

First, the obvious question: why do it?

We love the music. All of us in the band grew up listening to Genesis and, first and foremost, it's just great music that is hugely satisfying and rewarding to play. To then be able to do that in front of an audience, who appreciate what we do and think we're doing a good job of bringing their favourite music to life – that's the icing on the cake. We don't dress up. We don't pretend that we are Genesis. There are other Genesis tribute bands that do the theatricals, and do them very well, but that's not where we are coming from. We're purely about getting the music to be as close as possible to what people know and love.

Tony Banks' keyboards really are the core of the Genesis sound – does that present a particular challenge for you?

It's pretty typical of prog rock, but even more so with Genesis – which means I've got an awful lot to do, and it matters about getting it right! When I first started out, I would put the CD player on repeat for ONE CHORD and play notes on the piano until I had worked it out. Many years ago, when I was in another

Genesis tribute band – ReGenesis – we did the whole of *The Lamb Lies Down on Broadway*. I logged the hours I was spending learning it and worked out it was taking roughly two hours per minute of music... I almost always learn my keyboard parts from the studio versions, not the live versions, so we might play *Supper's Ready* or *Cinema Show* in a *Seconds Out* style, but the notes are all derived from listening to the original recording. When that becomes a struggle – like trying to cope with the fact that he did multi-track recordings and you need five hands to play it – then I go to the live version to see what he left out... But also, these days, the technology allows me to do what Tony Banks couldn't at the time; if we play *One For The Vine* now, it's actually closer to the original studio version than when Tony Banks played it on the 1977 tour.

The period you cover has one major event right in the middle of it – the departure of Peter Gabriel with Phil Collins taking over vocals. How does your vocalist, Terry Day, deal with that? Is he a bit of both?

The band started out aiming to recreate

Seconds Out, with Phil Collins vocals, but when I joined the band in 2003 I came from ReGenesis and had been doing almost exclusively Peter Gabriel era, so we started overlapping those two repertoires. I don't even know who Terry sounds like now! Some people say 'Wow, he does an amazing Phil Collins' and I think he is more Phil than Peter Gabriel, but he's also picked up some of Peter Gabriel's inflections on the older songs, so yes, he really is a bit of both.

Have you ever had any feedback from Genesis themselves?

The only one who has been to see us is Steve Hackett, who has been a few times. We did a few shows at Charterhouse school, where Genesis originated – playing in the hall above the room that they used to practice in. That was in aid of Chase, the children's hospice charity. Steve Hackett turned up for one of those, and loved it, I think. He made a few nice comments afterwards. 'I was listening to your vocal harmonies on *Entangled* and thought: "Wow, that's much better than we ever did it!"' He's a very nice man. The least rock-starish rock star you could ever meet...

G2 are:

- Chris Cawte (guitars)
- Jamie Vale (bass & guitars)
- Jeff Walker (drums)
- Piers de Lavison (keyboards)
- Terry Day (vocals & percussion)



FOR MORE INFO, INCLUDING TOUR DATES, SOUND FILES AND VIDEOS, GO TO: WWW.G2ONLINE.CO.UK



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Something to get chuffed about!

The National Festival of Railway Modelling –
15 & 16 October 2016, East of England Showground

Calling all train lovers big and small! If you're looking for a day out this autumn, then look no further. This unique event showcases over 30 working layouts (for those of you that aren't in the know, it's essentially huge working trainsets made by those who haven't lost their childhood love for the hobby).

Each layout is based upon fictional or non-fictional areas that inspired the creator; some are made single-handedly over many years and others are a combined team effort. The key is in the detail and so many of these layouts are fascinating, even if you don't love trains, you can't help but admire them! Children's step stools are available on the way in so they can stand up and watch the train sets working and ask any questions they might have – the operators are always friendly and like talking to enthusiasts.

The event is the largest model railway show in the East of England, not just because of



the layouts – there are also more than one hundred quality traders to browse or buy from, so it could be a great place to pick up your first train set before Christmas! There are also a variety of demonstrators that you can learn from, ask questions or just enjoy watching them work.



The show will be open from 10am until 5pm on Saturday and 10am until 4pm on Sunday.

● **Discounted tickets and further information is available from www.model-railway-shows.co.uk or prices on the door are as follows: Adult - £10.00, Child - £5.00 or Family (2 adults & 3 children) - £30.00.**



2016 will see the following layouts in attendance:

● Ahrtalzweibruck	O
● Lough Motive Power Depot	O
● Barton Road	N
● Ludlow	N
● Bolton Priory	O
● Meopham East Junction	OO
● Canons Cross	OO
● Moorside Valley Railway	N
● Colorado Bluff	HO
● New Bryford	OO
● Duke Street (Hornby Dublo)	OO
● Norwood	OO
● Dundle	OO
● Orange River and Portland	Fn3
● Ellesmere	OO
● Oulton TMD	OO
● Empire Mills	EM
● Overlord	OO
● Fenchurch St Peter	OO
● Pelham Street	OO
● Grange-Over-Sands	N
● Plas Edwards Shed	O
● Halland	OO
● Rivendell	O-16.5
● Herdwick Road	N
● Roche Junction	G
● Johannesburg	Oe
● Sabins End	TT
● Just Four	N
● Timber Valley	OO9
● Liverpool Lime Street	EM
● Up The Line	O-16.5
● Loch Dore	OO
● Walkers Ridge	HO

Supported by the Market Deeping Model Railway Club, the show is perfect if you're looking to stock up on essentials for your hobby, admire other enthusiasts' craftsmanship or simply to enjoy a family day out. The Peterborough show offers something for everyone.

THE BOOTLEG SIXTIES

When you've played by special invitation for Her Majesty The Queen, Sir Elton John, Sir Paul McCartney and Sir David Frost, and also opened for Sir Elton in front of **20,000 people** at the O2 in London, you clearly know a thing or two about performance, so bringing their 'sight and sound' show back to the intimacy of The Key holds no fears for **The Bootleg Sixties!**

This unique celebration of pop music's finest decade is now in its ninth year of wowing audiences around the world, and as Wansford-based Tony Henderson, one of the show's producers, explains: 'The demand for everything from the 60s is still incredible, and so we have an audience of all ages. It's not just the folks who lived through the 60s who come, we're even getting teenagers who know the songs through TV or film soundtracks. The 60s really were the ground zero of pop music.'

With two hours of classic songs and images from the decade that changed the world,

Tony claims there's really nothing else like this out there. 'There are no wigs or musicians pretending to be The Beatles, The Stones, The Monkees or whoever. What we do in the show is recreate the spirit and excitement of those times. It's a pretty powerful beast!'



The Bootleg Sixties
8 September
7.30pm

Key Theatre
www.vivacity-peterborough.com/keytheatre



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Silver CELEBRATIONS

This September Charters celebrates its silver anniversary and 25 years of bringing great beer and great music to Peterborough. *The Moment* talks to Chris Ward, the new General Manager on his plans for this city venue

For 25 years Charters has served its discerning customers some of the region's finest beers and plenty of live music to enjoy it to. New General Manager Chris Ward arrives at an exciting time as the floating real ale barge marks its landmark quarter century.

'Charters has always been one of the top destinations in Peterborough for live music,' explains Chris, 'and my priority is to grow that side of things so we become the number one place for live bands.' This is music to anyone's ears, but there's good news for the real ale enthusiast too. 'I come from a very strong beer background, so I also plan to improve the selection of craft beer and ale on offer, whether it's kegged, canned or bottled. Beer is where I want to be and that's what we've got here.'

More beer

Regulars will know that Charters already has a fine range of ales, with upwards of eight at any one time. Chris plans to maintain the choice of popular ales already on offer while seeking out more unusual craft beers and ales. 'Craft beers are simply small-batch beers. They're never mass produced. They are not made to a price but out of passion,' says Chris. 'These are the beer-lovers beers.'

Joining craft beers from across the country will be some unusual beers from America and Europe. 'America is just massive now. It's not all Budweiser and Miller in the States! From a craft point of view the Americans are probably a few years ahead of us Brits.'

Anniversary plans

One of Chris' first jobs as General Manager has been to prepare for Charters'



Chris Ward (centre) and team

25th anniversary celebrations. The extended weekend of 15th-18th September is when it's all happening. On Thursday night the bar will host a quiz night on all things 1991 – from music and sport to beer-related trivia. Friday night welcomes covers band Miscellaneous, while on Saturday evening it's the turn of regulars Lexi Green and The Indigo Blues. Then on Sunday afternoon, in the garden marquee, it's rock and roll, rhythm and blues group The Glorious One Eyed Cats, who wrap up the last of this season's Summer Sundays.

On both the Saturday and Sunday there will also be a barbeque to sample – the perfect accompaniment to all that craft beer and real ale. 'We're also going to get a giant birthday cake made, so people can help us celebrate the traditional way,' adds Chris. And there's a remarkable twist that's sure to bring a smile to every beer connoisseur: 'There will be a promotion on beer, with a limited batch available to buy at 1991 prices!' Let's get the party started then!

Remembering the old days

Throughout the anniversary weekend there will be a photo display telling the story of how the barge came to Peterborough, its conversion to a bar and some of the things that have happened on board over the years. Customers are very welcome to contribute their own stories and pictures. If you have any, please contact Lorraine by email at: lorraine@oakagroup.com



Charters
01733 370500
www.charters-bar.com

GET YOUR FUNK ON!

Autumn launches with some seriously funky fun at The Brewery Tap

This September it's time to get your funk on as promoter Graham Fairbairn and team return to The Brewery Tap on Saturday 24th with 'Gables - The Return of the Funk'. The main room promises a heady mix of classic funk, soul, rare groove, new Jack swing and house from the 70s to the 90s, while the Tap Room hosts R&B, acid jazz, garage to nu-soul and soulful house.

'This is the fifth time we've hosted Graham's Gables nights at The Tap, and we are heading towards having raised £10,000 plus for Macmillan' says General Manager Jessica Looock. 'Entry is £5 with all money raised going to the MacMillan Cancer Trust. We are so thrilled to host these events with Graham.'

'At the end of the month

is our hugely anticipated Ska night, when on 30th September legendary DJ Eddie Nash will play alongside live band The Gangsters to bring you a night of upbeat Ska-tastic revelry. Then on 2 October it's the monthly open mic night - bring along your instrument and join in!'

The end of October welcomes Groove Cartell on the 28th and the following evening it's The Brewery Tap's annual Halloween party. 'This year our Halloween party is doubled up as the final destination for the official Peterborough Zombie Walk,' says Jessica. 'The night will have an apocalyptic feel to it - a dead good night all round!'

With the new outside courtyard area now open, The Brewery Tap now has more room to enjoy all those feel-good vibes.



Inside The Brewery Tap



The Brewery Tap

01733 358500, www.thebrewery-tap.com

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SAT 17TH LEXIE & THE INDIGO BLUE 10:30PM
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UPCOMING EVENTS SEPTEMBER-OCTOBER

SAT 3 RD , 10 TH & 17 TH SEPT	Saturday Night Groove - 9pm
SUN 4 TH SEPT	Oakham Mic Night - 6pm
SAT 24 TH SEPT	Gables The Return of the Funk - 9pm
FRI 30 TH SEPT	The Gangsters - 9pm
SAT 1 ST , 8 TH , 15 TH & 22 ND OCT	Saturday Night Groove - 9pm
FRI 7 TH OCT	The Fedz - 10pm
FRI 28 TH OCT	Groove Cartell - 10pm

f 01733 358500 thebrewery-tap.com
80 Westgate, Peterborough PE1 2AA

Harvest Festival

Schools are back and September is a key time for agricultural education at Sacrewell Farm...

The Farmer's Guardian recently ran a campaign on Twitter called #farm24, where for 24 hours farmers would post what they were doing. At harvest they work all hours of the day and the aim of the campaign was to try and connect consumers with producers so that they can understand the hard work that goes into the agricultural sector.

When The William Scott Abbott Trust, which owns Sacrewell Farm and its visitor centre near Wansford was founded in 1964, people were already starting to disconnect with their food. Its vision of providing an agricultural education for all was and still is the primary focus of the Trust's work.

Historically, this would have been a very busy time of year for Sacrewell's 18th Century watermill. Farmers would have been bringing in their yield to make into flour or winter feed for their livestock.

So, to celebrate, Sacrewell is hosting its annual Harvest Festival on 17 and 18 September to try and reconnect its visitors to the traditions of the land and their food.

Throughout the weekend there will be stalls selling local produce, live music from Pennyless and the D'Ukes of Rutland, real ale and cider from The Grainstore Brewery, scarecrow building, milling and bread making, mill tours, willow weaving, wood turning, food



About Sacrewell

In 1964 the William Scott Abbott Trust was formed with aims to advance all forms of agricultural practices on Sacrewell Farm and to provide educational facilities to the general public. To reinforce these aims Sacrewell visitor centre was opened.

Sacrewell Farm is set on 550 acres of land, of which Sacrewell accounts for a small proportion. In guidance with the Trust, all profits made at Sacrewell are reinvested into the upkeep, the livestock and the heritage buildings.

Sacrewell is an established award-winning farm attraction. There are a variety of animals, heritage buildings and displays set in 50 acres which bring to life the history of the farm and enable adults and children to discover the importance of food and farming.

Other organisations that are based on Sacrewell Farm include PGRO (Processors and Growers Research Organisation) and Riverford Organic Farms.

● A full history of Sacrewell can be read at www.sacrewell.org.uk



tasting, marshmallow toasting and to top it off, ploughing demonstrations using vintage tractors.

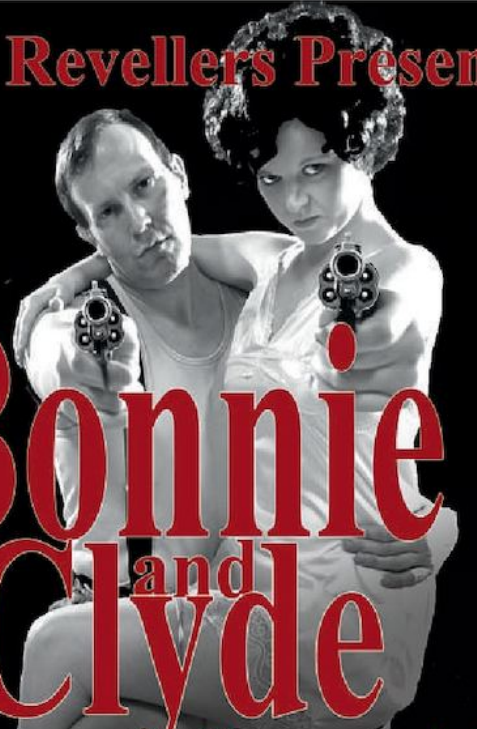
Events Officer, Jack Pishhorn said: 'The watermill provides the perfect backdrop for a harvest celebration. We want visitors to learn new skills, meet local food producers and get a greater understanding of the hard work that farmers put into producing foods that are often taken for granted, like a simple loaf of bread.'

Sacrewell is open all year and its multi-award winning mill is interpreted to help visitors to understand the daily grind of the millers and apprentices who kept the wheels turning, so if you can't make it to the Harvest Festival, make sure you take time to visit this autumn.

● For more information, visit www.sacrewell.org.uk



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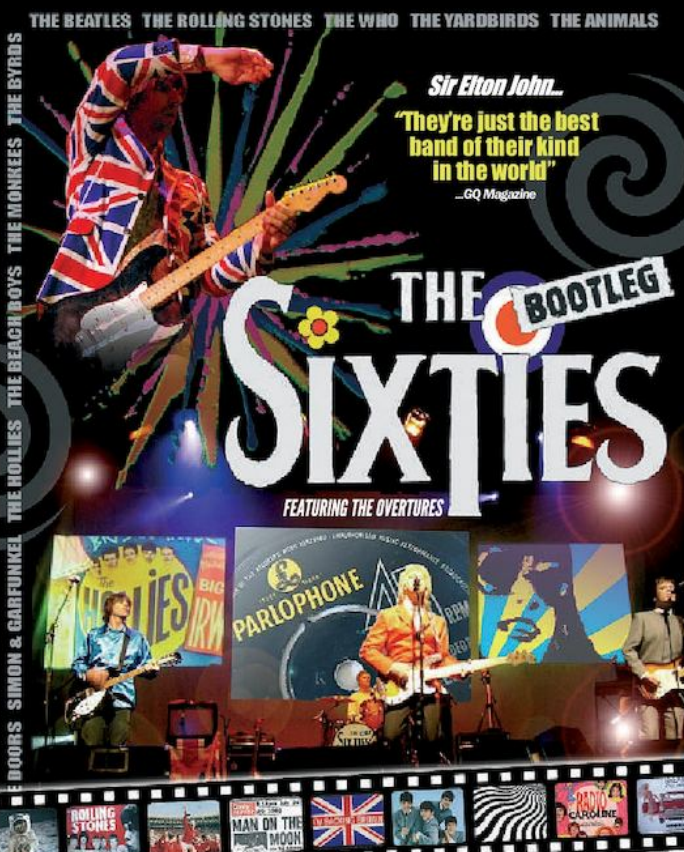
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Bumper autumn at BURGHLEY

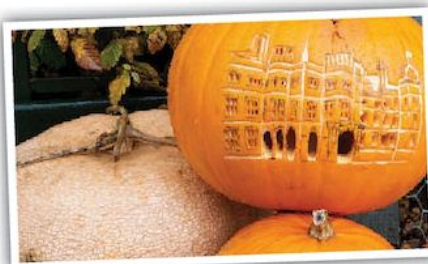
From floral tributes celebrating the Queen's 90th birthday year to pumpkin fun and spooky tours by torchlight, autumn is set to go with a real bump at England's greatest Elizabethan house

A blaze of golden leaves around the sweeping parkland provide the colourful backdrop to Lincolnshire's Burghley House, which also boasts floral treats within the magnificent house itself each October, while the popular Spooky Tours and the Burghley Pumpkin Trail make a return too.

Burghley Flower Festival

Launching the autumn season, the annual Burghley Flower Festival sees the spectacular State Rooms of Burghley transformed with displays, offering a new perspective on the Elizabethan house – and for 2016 it will have a royal theme.

Each room will inspire floral arrangements with societies creating displays under the heading of the Royal Households of Europe, in celebration of the Queen's 90th birthday. This year will also see the return of the Leicestershire Society of Botanical Illustrators, whose artworks will be displayed in the Great Hall.



Burghley Flower Festival, which is on display every day from 1-9 October (apart from Friday, 7th October when the House is closed), is included with a House and Garden, or House only ticket.

Burghley Pumpkin Trail

Once again the popular Burghley Pumpkin Trail (15-30 October) will offer a whole feast of pumpkin fun for families. Tread through the crispy autumn leaves and find the hidden pumpkins to receive a treat. Children will be encouraged to come in fancy dress while seasonal treats will

also be in store in the Orangery restaurant, as well as the Garden Cafe. Open daily from 11am to 5pm (last admission at 4.30pm). Free with a House and Gardens, or Gardens only ticket.

Burghley's Spooky Tours

And from 17-31 October, Burghley's Spooky Tours are back, offering a chance to journey by flickering torchlight into the creepy cellars to explore the forbidding outbuildings and centuries-old cloisters, unearthing Burghley's secret history.

The special tours take visitors around some of the less visited areas of Burghley to reveal their spooky stories with the help of local ghost expert Martin Tempest. The tours are designed to be scary, but fun, and although not recommended for children under 11, Burghley leave it up to parents to decide, as they know their children best! Places are limited and usually sell out fast, so the advice is to book early. Spooky Tour tickets will be on sale in early September.



Autumn at Burghley

For more details about all the events and for online bookable tickets, visit www.burghley.co.uk or telephone 01780 752451.

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Join us for our *harvest festival*
on September 17 and 18

For a full list of seasonal events
visit our website
Sacrewell.org.uk

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Lives shaped by SEA AND FAITH

The newly opened **Visitor Centre at Peterborough Cathedral** will not only tell the story of the Cathedral and its history through artefacts and interactive displays, but also show a series of temporary exhibitions. The first show, which runs until **20 October**, is 'Affinity and Kindred': a collection of colour photographs made in Norfolk and the Outer Hebrides by the photographer, **Richard Denyer**.

Richard Denyer, a well-known landscape photographer and former lecturer at Norwich University of the Arts, was regularly commissioned during the 1980s by the Broads Authority to photograph the Norfolk and Suffolk Broads. Since then his photography has explored the relationship between land, water, and local inhabitants in northern Holland, Scotland and his home county of Norfolk.

Sadly, Richard died in the days following the opening of the exhibition in Norwich last December. He took the photographs in this exhibition between 2012 and 2015, spending three years travelling between Norfolk and the islands of the Outer Hebrides, capturing images which show the common humanity of the different communities.

The photographs were taken mainly in boatyards and places of worship in both locations. They feature the people, their work and culture, and the landscapes in which they live, suggesting surprisingly deep connections between the two places around culture, beliefs and native skills.

The exhibition tour, which includes venues in the Outer Hebrides before returning to Suffolk in 2017, is supported by the Arts Council England and Norfolk County Council.

There is an accompanying book which features over 100 photographs from the project, and includes an imaginative essay in response to the images by the novelist Will Self. The introduction is written by David Matless, Professor of Cultural Geography at the University of Nottingham.

● **The exhibition in the Cathedral Visitor Centre is open from 10.00am until 5.00pm, Monday to Saturday, and 10.00am until 4.00pm on Sundays. Admission is free (donations welcome).**

● **To find out more visit www.peterborough-cathedral.org.uk**

SINGING AT THE CATHEDRAL

Be a chorister for a day!

Do you know a child who loves to sing? Boys and girls in school Year 2 are invited to 'Be a Chorister for a Day' at Peterborough Cathedral on Saturday 1st October. Check out the Cathedral website for more information. 'Be a Chorister for a Day' is free of charge but booking is essential.

Join the Youth Choir

Anyone aged 14 to 18 years who would like to develop their experience as a singer with high quality musical training is invited to audition for the Cathedral Youth Choir. It rehearses on Wednesday evenings in term time, and sings at Cathedral concerts as well as for occasional services.



Festival Chorus

Adult singers can join the Festival Chorus without audition. The Chorus rehearses at the Cathedral on Wednesday evenings in term time, and usually sings with the Choir at one concert per term. It is led by Steven Grahl, the Cathedral's Director of Music.



To find out more about any of these opportunities please call Penny Wood on 01733 355318 or email music@peterborough-cathedral.org.uk



Brancaster Staithe, North Norfolk coast



Metal

IDEA1.ORG.UK

A website for culture in Peterborough

IDEA1 promotes all cultural events, performances, workshops, talks, exhibitions and activities happening in Peterborough and the surrounding area.

The website offers:

- A daily **What's On** cultural calendar.
- Opportunities to market your own events – large or small – it's quick, easy and FREE.
- Programme details about Peterborough Presents, the consortium of local artists, arts organisations and communities working together to create great art in our city.
- Information about training, funding, commissions and useful links
- After school and holiday activities for young people
- Short films of artists talking about their projects as they develop.

Many of the events advertised are free and it's an easy way to find a fun activity or an opportunity to participate. See www.idea1.org.uk or contact ruth@metalculture.com to find out how you can submit your own events.

[idea1metalculture](https://www.facebook.com/idea1metalculture) [idea1peterboro](https://www.facebook.com/idea1peterboro)



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Peterborough MASK Theatre is a friendly group with a wide variety of talents, aspirations and ages. MASK has produced a varied repertoire of high quality theatre since 1947, making us 69 years old.

Productions including: Pygmalion, Calendar Girls, One Flew over the Cuckoo's Nest, The Crucible and Black Comedy.

MASK performs a week of Shakespeare in the Park every summer and tours the surrounding locations, including Crowland Abbey, Oakham Castle and Moonhenge.

MASK exists to perform plays but we have a whole lot more to offer; regular workshops, play readings, visits to the theatre and networking events for fellow performers.

New members are always welcome and we value back stage assistance as much as our wonderful actors and directors. There are lots of opportunities to be had and wonderful friends to be made.

Contacts

info@masktheatre.co.uk www.masktheatre.co.uk

To keep up to date with forthcoming productions, follow us
Facebook <https://www.facebook.com/mask.theatre.peterborough/>
Twitter https://twitter.com/mask_theatre



WHAT'S ON

V = Vivacity events

Events from September to November

NB Whilst we have made every effort to deliver the most up-to-date information, you are advised to check times and dates with event organisers and venues before setting off.

V 14-15 Sept, 7.30pm + 2.30pm **Thurs Mat**

Travels with My Aunt Key Theatre

Four actors take on over 20 characters in this frantic dash around the world with Henry Pulling, a retired suburban bank manager with a penchant for dahlias. Contact 01733 207239 or visit www.vivacity-peterborough.com/key-theatre

● 16 Sept, 7.30pm

Kanda Bongo Man Stamford Ballroom

Having appeared at WOMAD Festival, Kanda Bongo Man is most famous for his soukous music. www.stamfordartscentre.com

● 16 Sept, 7.30pm

Mercury Cresset

The Ultimate Queen Tribute and Winners of the National Tribute Awards. Call The Cresset Box Office 01733 265705 or visit www.cresset.co.uk

V 16 Sept, 8pm

The Boy with Tape on his Face is TAPE FACE Key Theatre

The show the world can't stop talking about – stand-up with no talking, drama with no acting and punchlines with no words. Contact 01733 207239 or visit www.vivacity-peterborough.com/key-theatre

V 17 Sept, 7.30pm

Twisting the Night Away Key Theatre

Powerhouse vocals of retro King Si Cranstoun and his blend of Doo Wop, Rock n' Roll and the early sounds of Soul. Contact 01733 207239 or visit www.vivacity-peterborough.com/key-theatre

● 17-18 Sept, 9am-5.30pm

Land Rover Owner International Show Peterborough Arena

The UK's biggest and best Land Rover show of the year. www.peterborougharena.com

● 18 Sept, 7.30pm

Jane McDonald Cresset

One of the nation's favourite entertainers returns to Peterborough with her brand-new show. Call The Cresset Box Office 01733 265705 or visit www.cresset.co.uk

● 18 Sept, 4pm

Stamford Street Music Comes Inside Stamford Ballroom

Coppers for Cancer are back again after

the success of last years fun-day. www.stamfordartscentre.com

V 19 Sept, 7.30pm

Back To Bacharach Key Theatre

The magical music of Burt Bacharach, one of the most accomplished popular composers of the 20th Century. Contact 01733 207239 or visit www.vivacity-peterborough.com/key-theatre

V 21 Sept, 2.30pm

Talk: 'Early Victorian Peterborough' with Stephen Perry John Clare Theatre

Learn how Peterborough functioned before railways revolutionised life for the city. No booking necessary. Contact 01733 864280 or visit www.vivacity-peterborough.com

V 21-24 Sept, 7.30pm

Iolanthe Key Theatre

The Peterborough G&S Players take a dig at ineffectual political rivalries with this satirical story about what happens when a band of fairies take over Parliament. Contact 01733 207239 or visit www.vivacity-peterborough.com/key-theatre

● 22 Sept, 7.30pm

Chantry Dance Company Stamford Arts Centre

Two compelling, contrasting pieces in one evening. www.stamfordartscentre.com

● 23 Sept, 7.30pm

Thank Abba For The Music Cresset

Featuring all of ABBA's greatest and most memorable hits. Call The Cresset Box Office 01733 265705 or visit www.cresset.co.uk

V 23 Sept, 7.45pm

Key Comedy Night: Ed Gamble Key Studio

Join the always hilarious Ed Gamble as he thunders into town with a wagonload of misguided opinions and wild conjecture. Contact 01733 207239 or visit www.vivacity-peterborough.com/key-theatre

V 25 Sept, 7.30pm

Kings of Cool with Matt Ford Key Theatre

The hits of Frank Sinatra, Tony Bennett, Michael Bublé, Bobby Darin, Matt Monro, Andy Williams and many more... Contact 01733 207239 or visit www.vivacity-peterborough.com/key-theatre

V 27-28 Sept, 7.30pm + 2.30pm **Wed Mat**

Hamlet Key Theatre

For the first time in Britain, an all-black cast present Shakespeare's greatest tragedy. Contact 01733 207239 or visit www.vivacity-peterborough.com/key-theatre

● 7 Sept, 7.30pm

Philippa Massey Talks: Stamford in the 1850s Stamford Theatre

How different was the town of 165 years ago? www.stamfordartscentre.com

V 29-30 Sept, 1.30pm, 4.30pm **Thurs, 10.30am, 4.30pm Fri**

Morpurgo's King Arthur Key Theatre

An epic tale of magic, heroism, love and betrayal adapted from the novel Arthur: High King of Britain, by Michael Morpurgo. Contact 01733 207239 or visit www.vivacity-peterborough.com/key-theatre

● 29 Sept, 7.30pm

Charandas Chor: The Honest Thief Stamford Theatre

A light-hearted comedy based on a traditional Indian folk tale. www.stamfordartscentre.com

V 30 Sept, 7.45pm

Nine Lives Key Studio

This gripping new play from Zodwa Nyoni threads together humour and humanity to tell the real personal story behind asylum headlines. Contact 01733 207239 or visit www.vivacity-peterborough.com/key-theatre

● 30 Sept, 7.30pm

Forever Jackson 2016 Cresset

The Ultimate Michael Jackson Stage Show – Awarded the No1 UK Michael Jackson production at the UK National Tribute Awards. Call The Cresset Box Office 01733 265705 or visit www.cresset.co.uk

● 30 Sept-1 Oct, 7am-4.30 pm

Peterborough Festival of Antiques Peterborough Arena

Buyers and sellers from all over Europe will be looking for a real deal at the largest showground Antiques Fair in the country. www.peterborougharena.com

V 1 Oct, 7.30pm

Buddy Holly & the Cricketers Key Theatre

This breathtaking show has rock 'n' rolled audiences across the globe. Contact 01733 207239 or visit www.vivacity-peterborough.com/key-theatre

● 1 Oct, 10am-12.50pm

Be a Chorister for a Day Peterborough Cathedral

Boys and girls in school Year 2 are invited to

find out what it is like to be a Peterborough Cathedral chorister, with musical activities, a tour of the Cathedral and the chance to meet some current choristers. Free entry. Booking is essential on 01733 355318 or email penny.wood@peterborough-cathedral.org.uk

V 2 Oct, 2pm

The Threepenny Opera (Delayed Live Screening) Key Theatre

A darkly comic new take on Brecht and Weill's raucous musical broadcast live from the stage of the National Theatre. Contact 01733 207239 or visit www.vivacity-peterborough.com/key-theatre

V 3-4 Oct, 11.30am & 1.30pm

Home Key Studio

Home immerses audiences with Profound and Multiple Learning Disabilities (PMLD) in a multi-sensory story of discovery. Contact 01733 207239 or visit www.vivacity-peterborough.com/key-theatre

V 3 Oct, 7.15pm

Norma (Delayed Live Screening) Key Theatre

This new production of Norma is The Royal Opera's first in nearly thirty years. Contact 01733 207239 or visit www.vivacity-peterborough.com/key-theatre

V 4 Oct, 7.30pm

Audience with Lesley Garrett Key Theatre

Join Britain's most popular soprano for a delightful evening of song, reminiscences and chat. Contact 01733 207239 or visit www.vivacity-peterborough.com/key-theatre

● 4 Oct, 12.30pm

Literature at Lunch Talk: Animal Farm Stamford Theatre

Examining Orwell's satire on Russian politics, which has never been out of print since its publication. www.stamfordartscentre.com

V 5 Oct, 2.30pm

Talk: 'Crime and Punishment' John Clare Theatre

Discover the gruesome history of justice in Peterborough – from the city gaols to the last reading of the 'Riot Act.' Contact 01733 864280 or visit vivacity-peterborough.com

V 6 Oct, 8pm

Mark Watson Key Theatre

A seemingly minor problem at an airport is the starting point for a spiralling examination of identity in the digital age and search for meaning in our lives. Contact 01733 207239 or visit www.vivacity-peterborough.com/key-theatre

V 7 Oct, 2.30pm

Talk: 'Body Snatchers' John Clare Theatre

Learn about the extraordinary measures taken to counter the trade of Body Snatchers in 19th Century Peterborough. No booking necessary. Contact 01733 864280 or visit vivacity-peterborough.com

V 7 Oct, 7.30pm

Voodoo Room Key Theatre

Paying homage to these first Super Groups of Classic Blues/Rock are 'Voodoo Room.' Contact 01733 207239 or visit www.vivacity-peterborough.com/key-theatre

● 7-13 Oct

Prisons Week exhibition by HMP Peterborough New Building, Peterborough Cathedral

A window into life at Peterborough Prison, showing art and craft items made by the residents and highlighting rehabilitation projects. Free.

V 8 Oct, 9.30am-4.30pm

Basket Weaving

Flag Fen Archaeology Park

Spend the day making a woven trug from willow with expert local tutor Sue Kirk. Booking required. Contact 01733 864663 or visit vivacity-peterborough.com



Recreating vintage Genesis

Friday 21st October 2016
 Key Theatre
 Peterborough
 Box office: 01733 207239
www.g2online.co.uk




V 8 Oct, 7.30pm

**Nick Ross Orchestra
Key Theatre**

Recapture the sounds of a bygone era as the Nick Ross Orchestra presents an unmissable evening of music and song. Contact 01733 207239 or visit www.vivacity-peterborough.com/key-theatre

V 8 Oct, 8pm

Nathan Caton – Straight Outta Middlesex Key Studio

This rising star is back with his unique blend of charming, charismatic and intelligent on-point comedy! Contact 01733 207239 or visit www.vivacity-peterborough.com/key-theatre

● 9 October, all day

The Autumn Food and Country Fair 2016

Peterborough Arena
Giant vegetables and daring displays make this fair the place to be this October! Visit www.peterborougharena.com

V 10 Oct, 7.30pm

Cymbeline (Delayed Live Screening) Key Theatre

Join us for this delayed live cinema screening, recorded on 28th September, broadcast from the Royal Shakespeare Theatre. Contact 01733 207239 or visit www.vivacity-peterborough.com/key-theatre

V 11 Oct, 7.30pm

**Round the Horne
Key Theatre**

Take a step back in time to the BBC's Paris Studios and experience this comedy classic live. Contact 01733 207239 or visit www.vivacity-peterborough.com/key-theatre

● 11 Oct, 7.30pm

**Where Is Home?
Stamford Theatre**

Wonderful new dance theatre show from State of Emergency, presenting great music and dance from South Africa. www.stamfordartscentre.com

V 12 Oct, 7.30pm

**The Lady Boys of Bangkok
Key Theatre**

It's a night of pure escapism, laughter, glamour, glitz and music. Contact 01733 207239 or visit www.vivacity-peterborough.com/key-theatre

V 13 Oct, 7pm

The Entertainer (Live Screening) Key Theatre

Set against the backdrop of post-war Britain, John Osbornes modern classic stars Kenneth Branagh as the unforgettable Archie Rice, with John Hurt as Billy. Contact 01733 207239 or visit www.vivacity-peterborough.com/key-theatre

● 13 Oct, 10am

**Cosy Concerts
Trinity Methodist Church,
Barn Hill, Stamford**

Alex Crutchley, trombone. Enjoy top quality music with your children in a relaxed setting. www.cosyconcerts.co.uk

V 14 Oct, 7.30pm

Swan Lake Key Theatre

Swan Lake captures, like no other, the full range of human emotions – from hope to despair, from terror to tenderness, from melancholy to ecstasy. Contact 01733 207239 or visit www.vivacity-peterborough.com/key-theatre

V 15 Oct, 10am-4pm

**Roman & Medieval Herbs
Flag Fen Archaeology Park**

Discover how our ancestors used herbs and spices for healing and in the home. Plus enjoy an authentic Roman lunch! Booking required. Contact 01733 864663 or visit www.vivacity-peterborough.com

● 15 Oct, 7.30pm

**Rob Kingsley presents A
Vision of Elvis Cresset**

Celebrating all the music of Elvis Presley from Sun Studios through to '68 Comeback. Call The Cresset Box Office 01733 265705 or visit www.cresset.co.uk

V 15 Oct, 7.30pm

Take That Experience Key Theatre

Take That Experience show "Relight the Fire "gives you the very latest Take That favourites as well as all the classic songs". Contact 01733 207239 or visit www.vivacity-peterborough.com/key-theatre

● 15-16 Oct, Sat

**10am-5pm. Sun
10am-4pm**

**The National Festival
Of Railway Modelling
Peterborough Arena**

The largest model railway show in the East of England. www.peterborougharena.com

● 16 Oct, 7.30pm

Someone Like You (The Adele Songbook) Cresset

Someone Like You (The Adele Songbook) is an immaculate celebration of one of our generation's finest singer-songwriters. Call The Cresset Box Office 01733 265705 or visit www.cresset.co.uk

V 16 Oct, 2pm

**The Sorcerer's Apprentice
Key Studio**

A little boy with a very big dream wants to be a world-class magician... Contact 01733 207239 or visit www.vivacity-peterborough.com/key-theatre

● 17 Oct-7 Dec

**The Seven Sisters, paintings
by Annelies Clarke New
Building, Peterborough
Cathedral**

Seven paintings depicting the seven churches in Asia Minor referred to in the Book of Revelation. Free.

V 17 Oct, 7pm

**King Lear (Delayed Live
Screening) Key Theatre**

Antony Sher returns to the RSC to play King Lear, one of the greatest parts written by Shakespeare. Contact 01733 207239 or visit www.vivacity-peterborough.com/key-theatre

● 18 Oct, 7.30pm

**Shane Filan - Right Here Tour
Cresset**

Following the release of the 'Right Here' album the Irish pop

sensation will perform Westlife favourites as well as his own. Call The Cresset Box Office 01733 265705 or visit www.cresset.co.uk

V 19 Oct, 2.30pm

**Talk: 'Peterborough
Personalities' with Richard
Hunt John Clare Theatre**

Join Richard to inspect the lives of fascinating local people from throughout the 20th Century. No booking necessary. Contact 01733 864280 or visit www.vivacity-peterborough.com

● 19 Oct, 7.30pm

**High Stakes – A Spooked
Word Show The Cellar Bar**

Seduced at a young age by late-night horror films poet Cardinal Cox is commissioned by The Dracula Society to become its Poet-in-Residence. www.stamfordartscentre.com

V 19-20 Oct, 7.45pm

Whose Sari Now? Key studio

Whose Sari Now? will have a rich and eclectic visual style that will be bold and powerful and takes you beyond the Bollywood wet sari. Contact 01733 207239 or visit www.vivacity-peterborough.com/key-theatre

V 21 Oct, 2pm

**An Afternoon with Ann
Cleeves John Clare Theatre**

Come and join Ann Cleeves, bestselling author of ITV's Vera and BBC One's Shetland and 'Queen of Crime Fiction', for tea and cake as she celebrates the publication of her 30th novel: Cold Earth. Booking highly recommended. Contact 01733 864280 or Waterstone's Bridge Street 01733 555323

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● 21 Oct, 7.30pm

The Dreamboys 2016 Cresset

The Dreamboys are back and hotter than ever for 2016 – perfect for a girls night out. Call The Cresset Box Office 01733 265705 or visit www.cresset.co.uk

V 21 Oct, 7.30pm

G2-Definitive Genesis Key Theatre

G2 Definitive Genesis pays tribute to a vintage 70s period in Genesis' long and colourful history. Contact 01733 207239 or visit www.vivacity-peterborough.com/key-theatre

V 21-31 Oct

Halloween Season Peterborough Museum

A week or more of ghastly ghost hunts and horrifying haunts awaits... Contact 01733 864663 or visit www.vivacity-peterborough.com/Halloween for full details

V 22 Oct, 1.30pm & 3.30pm

The Tinderbox Key Studio

Norwich Puppet Theatre breathes new life into Hans Christian Andersen's classic tale of magic, bravery and love. Contact 01733 207239 or visit www.vivacity-peterborough.com/key-theatre

V 22 Oct, 8pm

Seann Walsh: One for the Road

Key Theatre

Described by The Guardian as "unquestionably the best observational comic of his generation". Contact 01733 207239 or visit www.vivacity-peterborough.com/key-theatre

V 23 Oct, 2pm

Così Fan Tutte (Delayed Live Screening) Key Theatre

German director Jan Philipp Gloger makes his Royal Opera debut with this new production of Così Fan Tutte. Contact 01733 207239 or visit www.vivacity-peterborough.com/key-theatre

● 23 Oct, 7.30pm

The Legends of American Country Cresset

Ireland's No.1 Country Music Tribute show featuring the music of the biggest icons on the American Country scene. Call The Cresset Box Office 01733 265705 or visit www.cresset.co.uk

V 23-27 Oct, 10am-5pm (last entry 4pm) **Curse of the Egyptian Mummy Peterborough Museum**

Can you solve the mystery of the curse or will the spooky spirit have you running for your mummy? No booking necessary. Contact 01733 864663 or visit [vivacity-peterborough.com](http://www.vivacity-peterborough.com)

● 25 Oct, 7pm

Vienna Ballet presents Snow White Cresset

Join Vienna Festival Ballet on a magical

journey with their unmissable production of Snow White. Call The Cresset Box Office 01733 265705 or visit www.cresset.co.uk

V From 25 Oct

Spooky Stories and Scary Crafts Various libraries

A themed library story time for ages 5 and under, reading from titles such as *Funnybones*, *The Foggy, Foggy Forest* and *The Shark in the Dark*, followed by fun Halloween themed crafts. No booking necessary. See p.27 for details or visit: vivacity-peterborough.com

V 25 Oct, 2.30pm

Don't Dribble on the Dragon Key Studio

Based on the fabulous new book by Steven Lee and with magic designed by the legendary Paul Daniels. Contact 01733 207239 or visit www.vivacity-peterborough.com/key-theatre

● 26 Oct, 7.30pm

An Evening of Dirty Dancing Cresset

A 5-star homage to the greatest movie soundtrack of all time. Call The Cresset Box Office 01733 265705 or visit www.cresset.co.uk

V 26 Oct, 7.30pm

TUKUO (The Unique Komediy Ukulele Orchestra) Key Theatre

Brilliantly combines music from Mozart to Monty Python, Bach to the Beatles, Chick Corea to Rossini. Contact 01733 207239 or visit www.vivacity-peterborough.com/key-theatre

● 26 Oct, 2.30pm

Beauty and The Beast Stamford Theatre

Half term fun for all the family. www.stamfordartscentre.com

V 27-28 Oct, 7.45pm

Così Fan Tutte Key Theatre

Peterborough Opera returns with Mozart's Così fan tutte, set in a 1960's university. Contact 01733 207239 or visit www.vivacity-peterborough.com/key-theatre

V 28 Oct, 7.30pm

Hackney Colliery Band Key Theatre

Eclectic and unique mix of dancefloor-filling contemporary rock, jazz, soul and electronica. Contact 01733 207239 or visit www.vivacity-peterborough.com/key-theatre

● 28 Oct, 7.30pm

The Sensational 60's Experience 2016 Cresset

Seven legendary names from the 1960's: Herman's Hermits, Chris Farlowe, New Amen Corner, The Swinging Blue Jeans, The Fortunes, The Ivy League, Alan Mosca from Freddie and The Dreamers. Call The Cresset Box Office 01733 265705 or visit www.cresset.co.uk

● 28 Oct, 8pm

Comedy Club October 2016 Cresset

Jeff Innocent, Kevin McCarthy, Jenny Collier and Debra Jane Appleby. Call The Cresset Box Office 01733 265705 or visit www.cresset.co.uk

V 29 Oct, 10am, 11am, 12.30pm, 1.30pm

Stories in the Dark – a Magical Story Tent Peterborough Central Library

Visit the magical story tent and join a storytelling adventure for young children where they can join in and be part of the fun. See p.26 for details. Contact 01733 864280 or visit vivacity-peterborough.com

● 29 Oct, 7.30pm

Rewind: 80's Party Night Cresset

Dig out the legwarmers, muscle vests and big up the hair as we go back to the 80's with a fabulously fun retro party night. Call The Cresset Box Office 01733 265705 or visit www.cresset.co.uk

V 29 Oct, 7.30pm

Whitney – Queen of the Night Key Theatre

This award-winning production features a stellar line-up with rising West End star Rebecca Freckleton delivering a breathtaking performance as Whitney. Contact 01733 207239 or visit www.vivacity-peterborough.com/key-theatre

V 29 Oct, 8pm

Nish Kumar Key Studio

A comedy show about history, democracy and capitalism. As seen on countless TV shows and Edinburgh Comedy award Nominee. Contact 01733 207239 or visit www.vivacity-peterborough.com/key-theatre

● 29-30 Oct, 9am-4pm

Classic Bike Live Peterborough Arena

Visitors will have the opportunity to see a collection of the most successful road going motorcycles in history. www.peterborougharena.com

● 30 Oct, 8pm

Ross Noble - BRAIN DUMP Cresset

Everybody's favourite randomist is back... Call The Cresset Box Office 01733 265705 or visit www.cresset.co.uk

● 30 Oct, 7.30pm

'Oh, Whistle' Two Ghost Stories by M R James The Cellar Bar

Nunkie Theatre Company bring two unforgettable spinechillers to life. www.stamfordartscentre.com

V 31 Oct, 7.30pm

Steeleye Span Key Theatre

Steeleye Span's not just a legendary name in British music but also a link to the classic days of rock and folk. Contact 01733 207239 or visit www.vivacity-peterborough.com/key-theatre

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